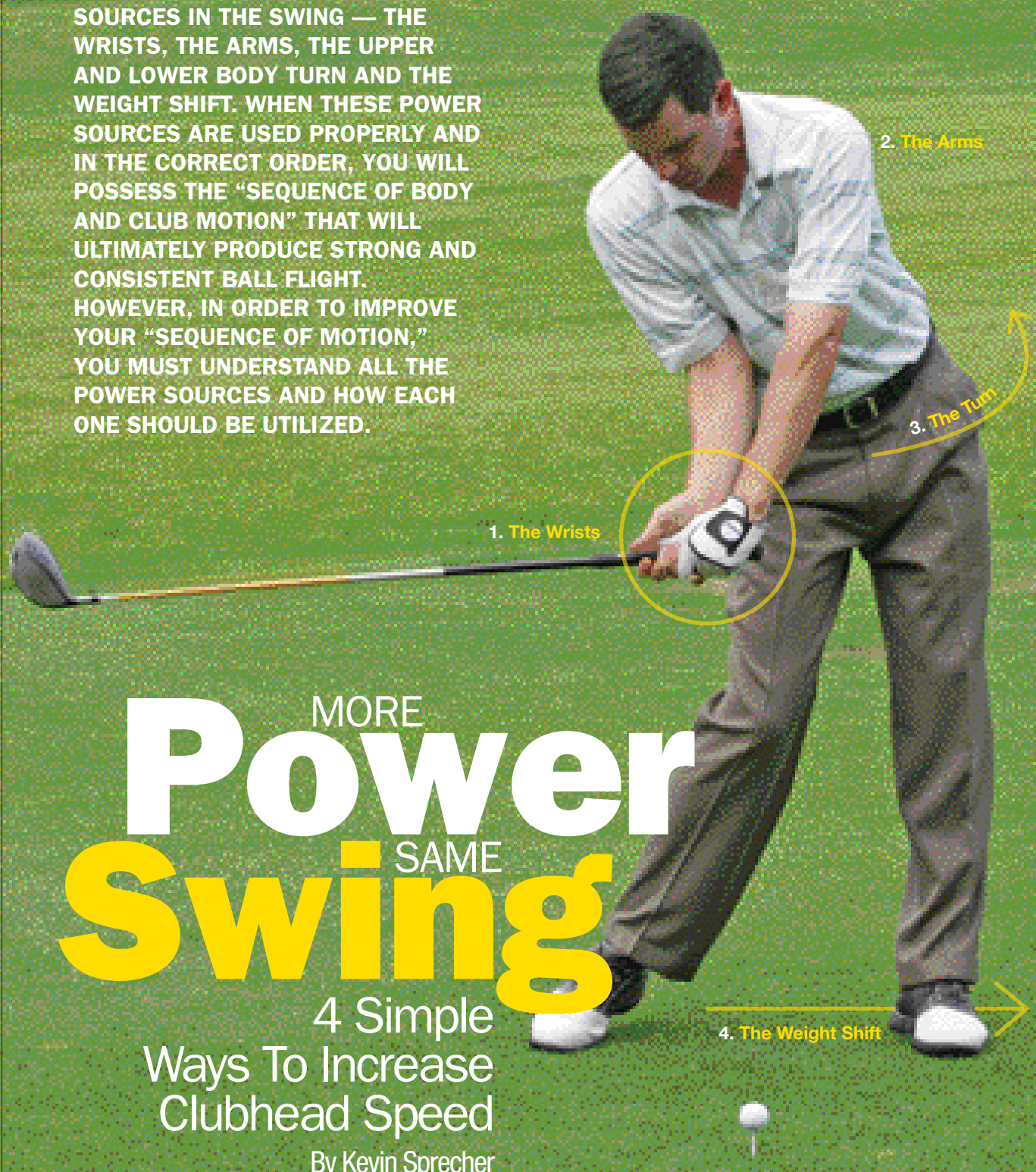
EVERY GOLFER HAS FOUR POWER SOURCES IN THE SWING — THE WRISTS, THE ARMS, THE UPPER AND LOWER BODY TURN AND THE WEIGHT SHIFT. WHEN THESE POWER SOURCES ARE USED PROPERLY AND IN THE CORRECT ORDER, YOU WILL POSSESS THE "SEQUENCE OF BODY AND CLUB MOTION" THAT WILL ULTIMATELY PRODUCE STRONG AND CONSISTENT BALL FLIGHT. HOWEVER, IN ORDER TO IMPROVE YOUR "SEQUENCE OF MOTION," YOU MUST UNDERSTAND ALL THE POWER SOURCES AND HOW EACH ONE SHOULD BE UTILIZED.



MORE Power SAME Swing

4 Simple Ways To Increase Clubhead Speed

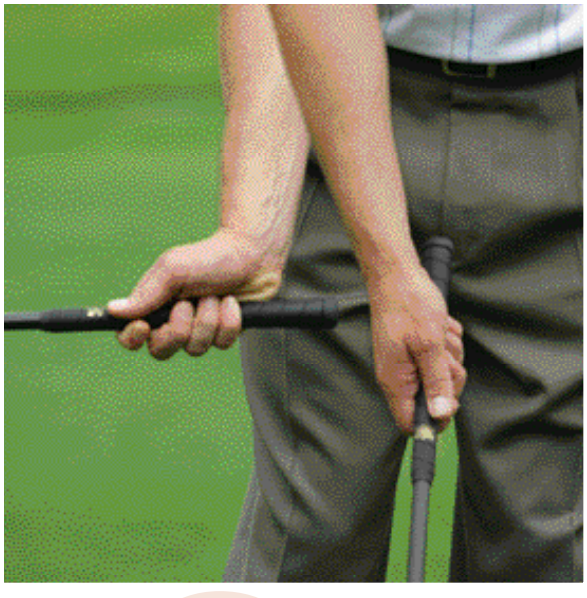
By Kevin Sprecher
Photos By Jules Alexander

1 The Wrists

The wrists work in two different ways. The left wrist works in an up-and-down manner, similar to a hammering motion. The right wrist works in a cocking manner or backward bending motion. You never want your wrists to work in reverse or to have any rolling motion.

The wrists are important because they provide speed and control in an athletic way to create power. Consequently, if a golfer's wrist strength and flexibility are minimal, then the wrist cock or hinge will be compromised.

To improve your wrist motion, grip down on a club just below the grip so your bottom hand is on the shaft. Start with your address position and hinge your wrists to a three-quarters backswing position. Then swing to the same position in the follow-through. The butt end of the grip points toward the target line on each side of the swing. It can point just inside or outside the target line.



The left and right wrists should work in two different ways. The left wrist works in an up-and-down manner, similar to a hammering motion. The right wrist works in a backward bending motion.

Using a weighted club, such as the "I Gotcha Ready" swing weight, can increase your awareness of the wrist motion. Make sure to swing slowly to maximize feel and to control the swing. Just be careful because improper use of a heavy club can sabotage your swing.

Another drill that can help with your wrist action is to set your wrists at address, pause and then swing. This drill presets the wrists so you don't have to do it once motion begins.

Finally, check to make sure your thumbs are up. At the three-quarters position in the backswing, feel and see that your thumbs point slightly back and up to the sky.

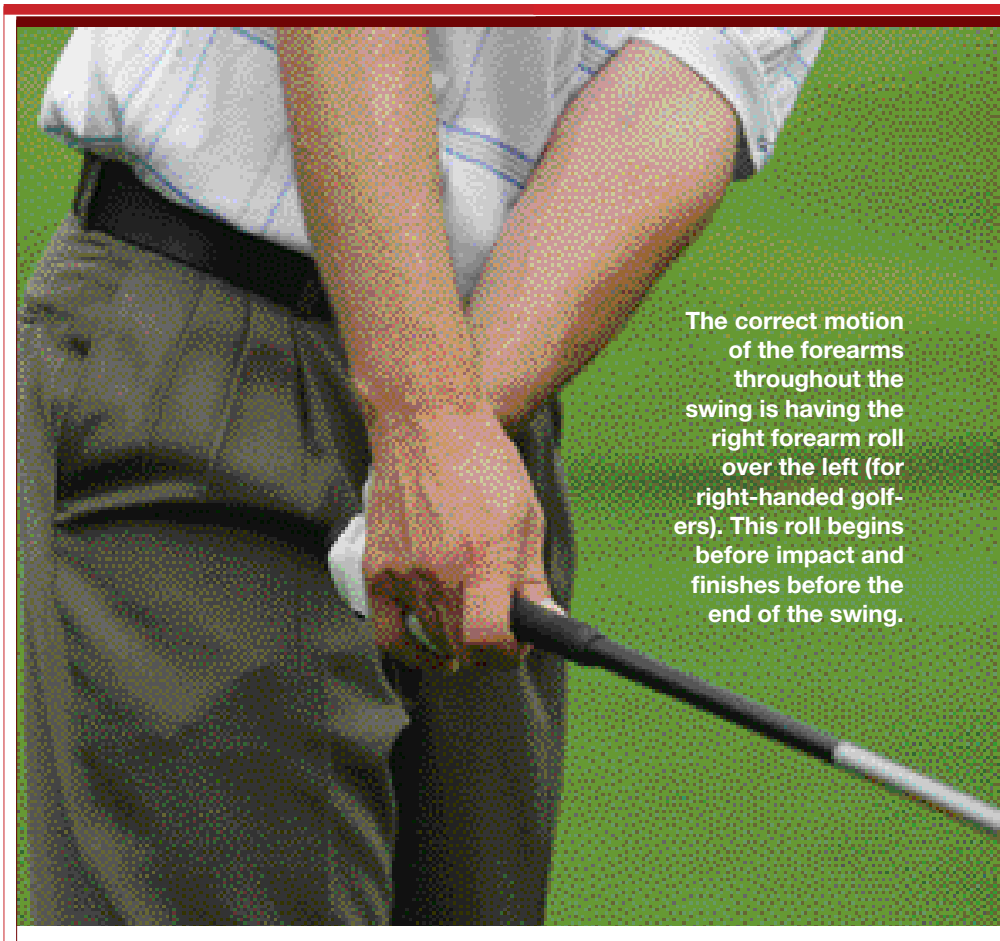
2 The Arms

The correct motion of the forearms throughout the swing is to have the right forearm roll over the left (for right-handed golfers). This roll begins before impact and finishes just before the end of the swing.

The amount of pressure or tension in the arms is important. Too much tension will slow the arms down and prevent them from rolling correctly. This lack of roll results in a breakdown at impact, the collapse of the arms into the body (a chicken wing) or an over-extension in the follow-through (a block).

Your hands need to hold the club securely, yet allow your arms to swing freely. The proper arm action enables you to transfer speed to the wrists and then to the club.

To enhance your arm swing, try swinging on your knees. This drill forces you to swing your arms around your body. It isolates the arms by restricting body motion. It is a great drill to increase arm speed and clubface control.



The correct motion of the forearms throughout the swing is having the right forearm roll over the left (for right-handed golfers). This roll begins before impact and finishes before the end of the swing.

You might also try to keep your elbows bent, even in the backswing. This prevents the arms from becoming too tense, allowing you to swing faster. Make sure you also maintain your shoulder turn in the backswing. Keeping the left arm straight in the backswing is not a golf fundamental. Actually, for most amateurs, it decreases speed and accuracy by increasing tension.

Another way to help achieve the correct motion of the arms is to use a swing fan. The fan produces resistance in the swing, forcing you to work harder and thereby increase your arm speed. Try swinging the fan five times in a row, as hard as you can, for three sets. Work up to 10 or more sets.

3 The Turning Of The Body

The winding and unwinding of the upper and lower body provide stability throughout the swing. In the backswing, the winding of the upper and lower torso produces a smooth, one-piece takeaway. In the downswing, the rotation of the upper and lower body creates speed, accuracy and extension.

An excellent drill for the torso is to place a club across your shoulders. This is a widely used drill because it's effective for producing feel and a visual check for the golfer. Place the club across your shoulder blades only, not your neck. If you find it difficult to get a club on your back due to a lack of flexibility, then place the club across your shoulders in front of your body.

From your setup position, make a backswing by turning your shoulders so the club is perpendicular to your stance. From the top of your backswing, make a downswing and try to point the club toward the target as much as possible. You may even want to watch yourself in a mirror so you can see how much you are turning.

Slow-motion swings can also make it easier for you to feel how much the shoulders are turning. Make several practice swings at three different speeds — 25-, 50- and 75-percent speeds. When you feel comfortable swinging at these speeds, try hitting some balls at the 50- and 75-percent speeds. Be sure to use a tee to make it easier.

4 The Weight Shift

This is the least important power source. You can hit a shot almost as far without a shift as with one. However, the weight shift is a fundamental of the swing. All great players shift their weight. Since we stand on two legs spread apart, our body mass must transfer with the flow of the swing.

To improve your weight shift, drag your back foot. This drill encourages a forward weight shift. During the downswing, drag the back foot up to the front foot by the time the swing is completed. Make sure to turn to the finish as well.

The Leaderboard training aid, which uses bungee cords for resistance, provides two ways for you to work on your weight shift. The first puts the movable platform under your front foot. With your feet together, you make a backswing. Then, on the downswing, you shift/slide your front leg forward and finish the swing.

The device also allows you to put the movable platform under your back foot. At address, spread the platforms apart and make a backswing, keeping the platforms separated. During the downswing, the bungee cords will pull your back foot forward, forcing you to then shift to your front leg.

Swinging on an upslope can also help you achieve a proper weight shift. Take practice swings up a hill. Make sure to finish on your front foot. Ideally, try to find a place to hit balls on an upslope in order to feel the ball at impact.

Since there's no way of knowing just how much each power source contributes to your swing, you should devote an equal amount of attention to each. However, I believe that rotation is more important than lateral motion because it can generate more speed in the swing. You can turn faster and the swing is more efficient when turning rather than when moving laterally.

Rotation also helps you be more accurate. When you are rotating through the swing, your arms can release properly, making it easier to square the clubface at impact. Too much lateral motion can force the arms to over-rotate, causing the clubface to be too closed.

In addition, rotation in the swing enables you to more effectively swing the club around, making it easier to be on an inside swing path.

An excellent drill to check the turning of the body is to place a club across your shoulders. Begin by placing the club across your shoulder blades only, not your neck. From your setup position, make a backswing by turning your shoulders so the club is perpendicular to your stance. From the top of your backswing, make a downswing and try to point the club toward the target as much as possible.

Swinging on an upslope can help you achieve a proper weight shift. Take practice swings up a hill and make sure to finish on your front foot.

Finally, rotation allows the arms to stay extended. When the body turns properly, the arms can remain extended. If the body stops turning, the arms tend to collapse into the body, resulting in poor shots.

Remember, the four power sources are connected by a sequence of actions in the backswing and downswing. The wrists hinge, the arms swing, the body turns and the weight shifts.

The sequence for the backswing is not as important as in the downswing. The backswing is slower, and thus there is more room for individuality. However, during the downswing, the sequence must be as follows: 1) the lower body initiates the downswing by shifting and rotating; 2) the upper body unwinds; 3) the arms swing; 4) the wrists deliver the club to impact.

Power or speed is transferred from one area to another during a "proper sequence of motion." If any part of the sequence is incorrect, you will experience a loss in power.

Swinging the club powerfully is easier for some golfers than others. Barring any physical limitations, however, you can improve the use of these power sources and properly apply them to your swing. **GI**