



The holy grail of the golf swing

I think all golf coaches spend a lot of their time looking to answer the question;
What are the critical success factors to becoming a great player?

Certainly that is a question I ask myself each and every week. The mental factors, the character factors, the technical factors etc. What are the common denominators all great players have?

This month we are going to give a little insight on the critical success factors in the *golf swing*. What are the **common denominators** to have a **powerful and repeating** swing? As a young pro, my mentor and coach was Denis Pugh. Denis worked together with David Leadbetter for many years and is one of the great golf coaches of the modern era. Denis always used to say that when analyzing a golf swing, the first step was to look to understand how the player releases his or her power or energy to the ball. Understand the impact conditions, and then work back through the swing so you can understand what is contributing to those impact conditions, and then make your plan of action. That was great advice and it is how I look at every swing today.

There are many things I prefer to see my players have present in their swing—good grip, good posture, good motion etc etc
But what are the **critical success factors** most Tour players have in their swings? **Answer?**

Great energy transfer from body segment to segment in the correct sequence and time

Let's look at this concept from the top of the swing;

The hips initiate the downswing and reach their maximum speed first and then brake....

This then transfers the energy up through the body to the shoulders, which then reach their maximum speed and then brake....

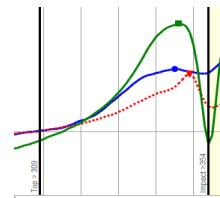
This then transfers the energy into the arms which then reach their maximum speed and then brake.....

This then transfers the energy to the wrists which then reach the maximum energy then brake....

Which then release the energy through the shaft into the clubhead which then transfers this energy to the ball when they contact.

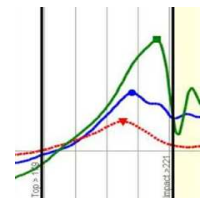
Biomechanists refer to this process as **'kinematic sequencing'**. That's OK for the scientists but I like to keep things simple and refer to this process as **'the energy transfer from body to club to ball'**. Using our 3D Kvest it allows us to view what we call the students power signature. From there we can then look at what is contributing to these impact conditions.

Graph One



Before

Graph Two



After

Along the horizontal axis is time, with the first black line representing the top of the backswing, and the 2nd black line impact. The horizontal axis is speed. The red line represents the hips, the blue line the shoulders, and the green line the hands. The dot represents maximum speed.

This player, a playing professional, reached maximum speed with his shoulders first, then fractionally after that with his hands, and then just before impact his hips. This player suffered very much from 'spinning' his hips to deliver the energy in his swing—not very efficient. And his timing was very inconsistent. Now look in the 'after' graph—hips, shoulder and then hands in a much better and consistent time sequence. This player is now hitting the ball a lot further with a lot less dispersion—and consequently *lowering* his scoring average.

What does this mean for you?

Nothing! This is for the coach! But Step one is to have a clear understanding of how the power should be transferred to the ball. Step two is then understanding how **YOU** transfer your energy to the ball. How do you do this? Make an appointment here in Evian and we will use our 3D biomechanic apparatus to view your 'power signature', and then look to what needs to be done to make your energy transfer as efficient as possible. Send an email to book your appointment to info@elitecoaching.com

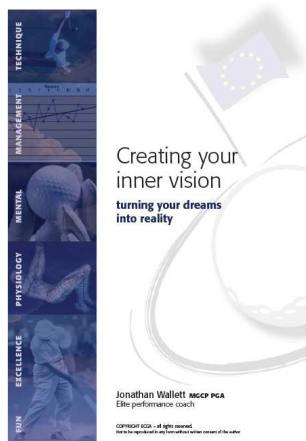
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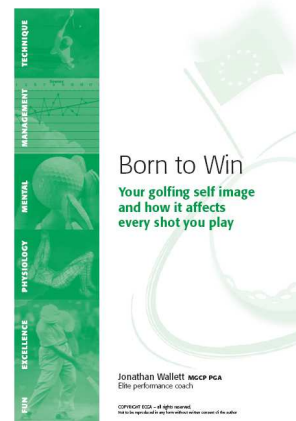
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