

# Power surge

If you struggle for distance off the tee, pressure inevitably mounts on your approach shots. Here, we show you five easy ways to turn on the power and eek extra yards out of your driver



## 1 SIMPLY STRETCH

Simple stretches will help you warm up your muscles before a game and – if performed regularly – improve your flexibility and power.

Place the shaft of your driver across your shoulders behind your head. Replicate the turn of your upper body during the swing. This is great for increasing flexibility – greater flexibility helps you produce greater power.

Take your 7 and 8-iron and swing them both at the same time. The extra weight increases the momentum of your arms through your downswing. This exercise will help you build your muscles and produce greater swing speeds.



## 2 USE THE TECHNOLOGY

Making the most of the technology in your driver is crucial and striking the ball at the perfect point during the swing is an easy way to add yards without losing rhythm. First, tee the ball up so its middle sits in line with the top of the clubface. Modern drivers are designed to offer greater carry through the air – with the ball teed up you are more likely to produce the optimum launch angle and soaring trajectory you require.



Now focus on your address position. Your head and hands should be behind the ball to help you strike it on a slight upswing, further improving launch conditions.

## 3 TILT YOUR SHOULDERS

To ensure that your head and hands do not move ahead of the ball and cause low, weak drives, practise driving on an upslope. Your shoulders will automatically tilt with the slope, helping your body to remain behind the ball through the strike. When you get to the course remember to tilt your left shoulder up slightly and you'll be able to sweep the ball off its perch on the upswing. ▷

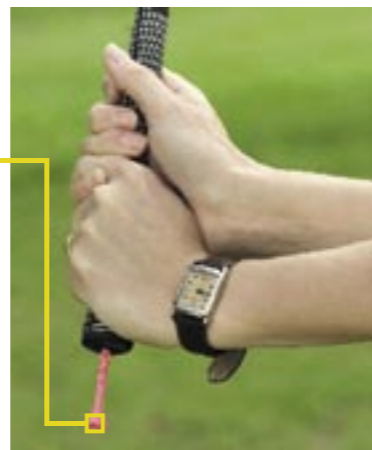


## 4 IMPROVE HAND ACTION

A well-timed wrist break on the downswing creates vital clubhead speed at impact. Throwing the club away from yourself at the start of the downswing by breaking your wrists too early wastes energy. This power-sapping fault is known as “casting”. Having reached the top, your hands should drop straight down.

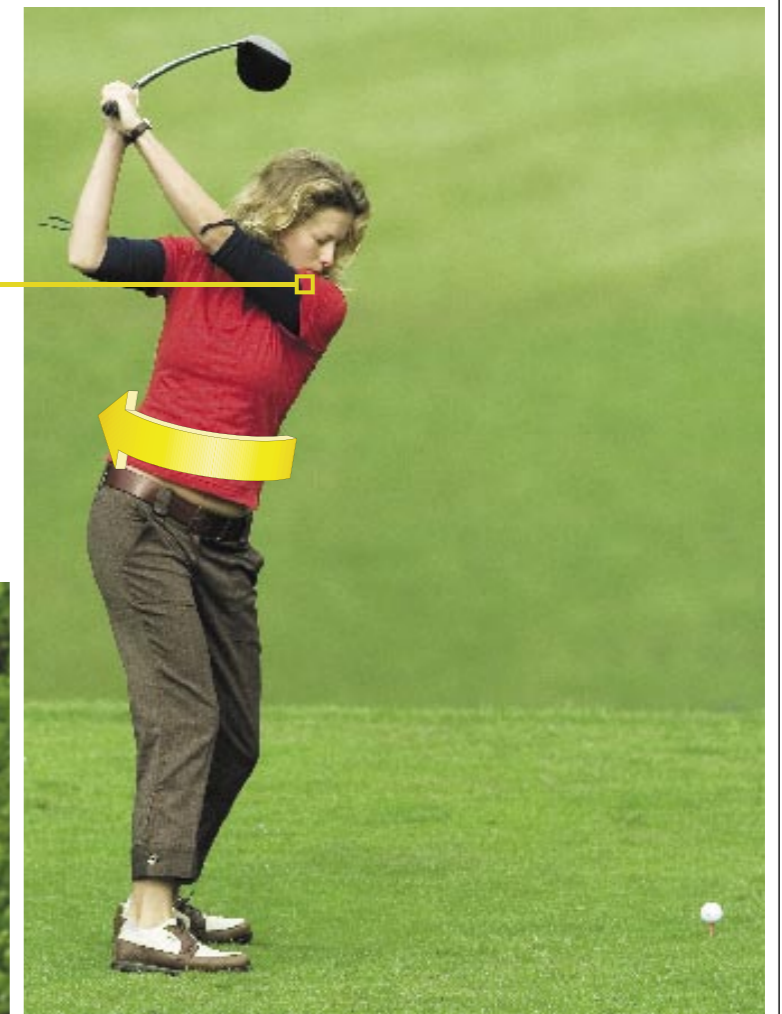


To see if casting is costing you yards, place a tee peg in the butt end of your club and make a normal swing. The tee should not touch your wrists until after impact. If you find that the tee is hitting your wrist before you strike the ball, concentrate on not letting your wrists break too early.



## 5 TURN AND FINISH

A full upper body turn will help you increase the momentum in your hands and produce a stronger strike. Ensure your left shoulder is under your chin at the top of the backswing. In this position your upper body is coiled, ready to unwind as you start the downswing. On the practice ground try holding this position for a split second.



The considerable energy created by this coil should reach its maximum through impact. Concentrate on swinging through to a full finish position and your hands will naturally accelerate through the downswing. ■



### Meet the expert

Former county player and England international Katie Dawkins is a PGA professional at Hamptworth G&CC. She runs the New Forest Girls Golf Academy at the club, which caters for all standards of player.