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Shot on location at San Domenico Golf in Italy.  
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# Rocket Science

Are you having trouble blasting your ball down the fairway? I'll show you how to get the most out of your driver with a selection of explosive tips





## CAUTION

The most common fault behind weak driving is to flex your left arm too much at the top of the backswing. This restricts your swing arc preventing you from building rapid clubhead speed through impact. If you're prone to falling into this trap, pay close attention to the following advice.

### Wide arc

It is important to take the club back in a wide arc to build momentum through the swing. Create the necessary width by brushing the grass with the head of your driver as you start the backswing. Make sure that your arms are fully extended as you sweep the club away.



### Power source

An effective wrist hinge is an essential source of power. By cocking your wrists effectively during the backswing you'll be forced to release your hands powerfully through impact, hinging your wrists again as you strike the ball. Here are two good ways to check that your wrists action is helping you optimise your yardage.



### Mirror check

Take your normal set-up position facing a mirror. Take the club back and set your wrists in this position. You'll find this position easier to achieve if there is no tension in your hands.



### Peg drill

Push a tee into the butt of the grip and swing half-way back. Check that the tee points to the ground – if it does your hands are perfectly hinged for a powerful release through the ball.

### Grip check

If your hands are in the wrong position at address you'll find it difficult to hinge your wrists through the swing. Make sure that the club nestles in your fingers and not in your palm. To check your grip take your normal left hand hold – you should be able to hold the club between your index finger and the fleshy pad at its base and prevent it from falling. If you have a poor left hand position, the clubhead will automatically fall.



## Full turn

To create power you need to use your upper body effectively. Many amateurs become tense on the tee, fail to complete their upper-body turn and produce a weak swing that lacks conviction. Concentrate on turning your back to face the target at the top of the backswing – a full turn will help you deliver a committed swing and powerful strike.



## Swish drill

Get a feel for swinging quickly through impact by holding your driver at the wrong end. Swing and listen for the "swish" through the downswing. Try to make this noise louder each time you swing without losing your balance. Your clubhead speed is guaranteed to increase.

## Balance

To hit long tee shots you need to make a balanced swing and your upper and lower body must move in harmony to maximise clubhead speed. Try hitting some practice shots with your feet together – peg the ball up to make a clean strike easier to achieve. If your balance is poor you'll need to take a step to steady yourself after you strike the ball. This simple drill will also awaken your hands so they hinge at the right places during the swing.

