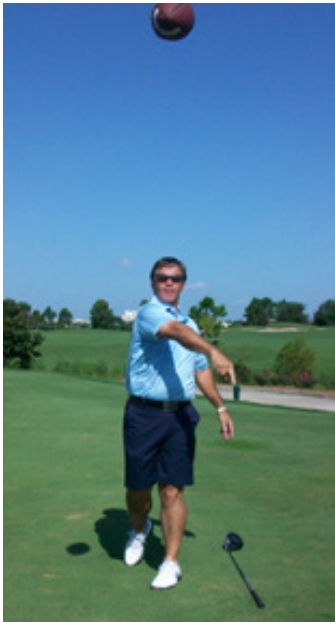


Let Pigskin Help Correct “Topping” and “Slicing”

I use the action of throwing a football as an example of how the body must move correctly in order to create the best possible arm swing acceleration through impact and toward the target.

When a golfer tops or slices a ball, what occurs is the golfer throwing the club head past the hands before impact, causing several different faults.

When you throw a football, your non throwing arm naturally swings to the left, (to the right for left-handed throwers) causing your torso to begin a rotary motion toward the target causing the right arm and entire right side to release into a powerful spiral at the target. This is very similar to a golf swing, just on a different plane. The football throw has a vertical spine angle versus the tilted forward spine angle in a proper golf swing.



Non-Throwing Arm Points Down



Non-Throwing Side Rotates Naturally

To improve your core rotation and better ball striking, work on directing your down swing like the NFL QBs do, with your non-throwing arm swinging down and around that leads the way into an effortless accelerating golf swing and into a balanced finish over the forward leg.

Until next time...Happy Golfing, Brad Brewer

brad brewer
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