

## Power Point for Better Golf

By Todd Sones

The most important element of power missing in many amateur golf swings is moving the body weight in the same direction as the golf shaft. In other words, the mistake made is that when the shaft swings back, the player's weight is moving toward the forward leg. Then when the shaft swings forward, the weight is falling backward. If a boxer hit off his back leg, he would be powerless. If a pitcher threw off his back leg his fastball would be a lob. The same athletic principle applies to hitting a golf ball.



### Incorrect



**Weight Falling Forward at Top**



**Weight Falling Backward at Impact**

Start with the set-up to accomplish the proper weight movement during the swing. When you address the golf ball, tilt your upper body back just enough to feel weight loaded on the inside of the back leg. During the backswing, maintain the flex in the back leg. You can then pivot the upper body against the inside of the back leg, in effect creating a pivot point, without the effect of swaying to get the wrist over the inside of the right leg.

### Correct



**Weight Coiled Back at Top**



**Weight Transferred Forward at Impact**

As the transition to the downswing occurs, naturally uncoil your weight to the inside of the forward leg. The same principle applies whether throwing a punch, a fastball or hitting a tennis ball. As the downswing progresses, begin to brace the forward leg allowing the club head's energy to release fully through impact, much like cracking a whip. Maximum power is achieved when a player learns to move the body mass through rotation in the same direction the club is swinging. That's where golf is seemingly effortless, yet powerful. [Click for more articles.](#)

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