

Straight Ahead

By Robert Keyes

Director of Golf Instruction - Picton Golf & Country Club
& Keystroke Golf Academy

“The Missing Link”

Most golfers are missing an important link in their golf swing. It's that part of the swing that I refer to as the Transition stage. It's the part of the swing that precedes the Forward section (which is the section that paves the way for the Finishing section).

A quick review reminds us that the setup (Address Position) plus the 4 sections of the golf motion, equals 5 parts as follows:

1. Address Position
2. Backward section
3. Transition section
4. Forward section
5. Finishing section

If you're missing the Transition from Backward to Forward, you will never play the kind of golf you are hoping to play.

Just prior to reaching the end of your Backward section, there should be a lateral forward movement in your front hip to knee area on the "A" side of your body. (side closest to your target) This move is parallel to the target line. It will take some thought and practice.

Whether you are accomplishing this action in a perfectly correct fashion is not the issue. It's the fact that you are attempting to insert this motion that's important. It will help you build a smoother, stronger and more consistent swing, a swing that relies less on the arms and hands as the main power source, and a swing that doesn't gravitate down toward the ball.

We could talk about every little nuance of the movement. For now, let's keep it simple and just try to get you to really be more aware that you need to initiate a slight forward motion in your "A" side. (closest to target) This motion takes place prior to when you reach the end of the Backward section.

I'm always amazed at how we will, in baseball, naturally step into the ball. We don't utilize all arms & hands.

This very deliberate move is going to become more natural and easier to apply if you work at it on the range, without hitting as many shots as you would normally. The ball will only tempt you to hit at it. After you're starting to get comfortable with this move and feel ready to hit a few balls, go ahead. Take note of what happens. It may necessitate that you make more swings and hit fewer shots until you can get your timing worked out. Make this a part of your swing and you're on your way to better golf.

If you have any questions regarding the areas we have discussed today or have any queries about material from past articles, you can contact me at 613-885-9883 or, if you prefer, by email at northstring@gmail.com. I'll be glad to help in any way I can.

Until Next Time...Straight Ahead!