

STROKESAVERS WITH STEVEN GIULIANO

FORM FOLLOWS FUNCTION: SET - LOAD - EXPLODE!

Key moves for maximum power and force *Part 1*

In this second article on form follows function, we're going to look at a couple of the key moves with the body for delivering maximum power and force in the swing.



SET THE BODY FOR POWER

Too often I see golfers setting up with their upper body over the top of their front foot. This gets them moving poorly away from the ball and puts them in a weak position at the top of the swing, making it near impossible to get the club or body in a

loaded position at the top of the swing. This usually leads to a ball flight which is launched too low, curving to the right for a right-handed golfer.

In the power set-up, we see the upper body much more centred over the lower

body in a ready position to load weight into the right leg and create sufficient upper body rotation to the top of the swing. As an added tip, cock your head away from the target before you swing – this will help to facilitate the rotation of the upper torso.



LOAD THE WEIGHT

The modern-day professional possesses power, strength and flexibility. He or she has the ability to make a full torso rotation whilst staying fairly grounded with the lower body.

If you feel like you lack lower body flexibility, then try this simple pre-swing adjustment: slide the rear foot back (see inset) – this will give you enough openness in the hips to make a full torso rotation. If we restrict the lower body from rotating in the backswing, then we restrict the upper body also.



EXPLODE THROUGH IMPACT

Everything we've touched on so far positions our body, arms and club to make a smooth transition into the golf ball. Even from a loaded position, an incorrect move from the top of the swing can throw the whole sequence out of order.

From this loaded position at the top of the swing, we should see the weight pressing forward onto the front leg, exploding up through impact for maximum power and force. This is a key move we see with many great drivers of the golf ball and although we see many different swing shapes and styles, it's important that we move the body correctly to support the high speeds of the golf club.



MEDICINE BALL DRILL

Working on your movement patterns away from the golf ball is a great way to train your body. This allows you to feel the correct movement without the distraction of a golf ball, club and target and also allows you to train the move for power and force.

Like building any muscle in the gym, it's important to firstly isolate the movement so we can begin to go on automatic pilot when we need to most, on the golf course in the heat of battle.

This is a simple drill using a medicine ball, which I'll get my student to carry out either in between shots or whilst in the gym. Using a weight of 1 to 3kg, depending on

your strength, take your address position loading your upper body over a stable lower base. From here, press your weight down into your front leg and thrust the ball forward into the ground. Ensure you have a partner to assist you or a wall to bounce the ball into.

This will begin to train the correct muscles to fire as you prepare to make full swings with maximum power and force.

In the next article, we'll look at part 2 of 'Set – Load – Explode!' where I'll show you some great ways to load the arms, wrist and club for maximum speed and timing in the swing.



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