

STROKESAVERS WITH STEVEN GIULIANO

FORM FOLLOWS FUNCTION: SET - LOAD - EXPLODE!

Key body moves for maximising speed and timing *Part 2*

In the May issue, I spoke about the body's role in creating maximum power and force in the swing, addressing some of the keys to a power set-up and move throughout the swing. This month, let's look at the role the hands and arms play and how you can best get the club set in the backswing to load and explode for maximum speed in the downswing.



ARMS, HANDS AND CLUB

If the body is the engine of the golf swing, then the arms, hands and club are the parts that must work in harmony with the engine. This is in order to transfer maximum energy to the ball through impact – assuming you have positioned your hands on the club in a manner that, firstly, will allow for good

clubface control through impact and, secondly, will allow for maximum leverage of the club through the swing. For most of you, a position where the club is more in the fingers than the palm will allow you to achieve this free range of wrist motion.

Attempting to throw a ball for maximum

distance without setting your trail wrist would rob you of flash speed. Above is an image of the trail wrist fully-hinged and then released fully post impact. This set position will then provide the whip required to generate maximum clubhead speed at the point of impact, right where it counts!



1

Halfway back the wrists fully set for power

2

Arms, club and body in a loaded position ready to explode into the downswing

3

Angle between the left arm and club increases as the lower body presses forward

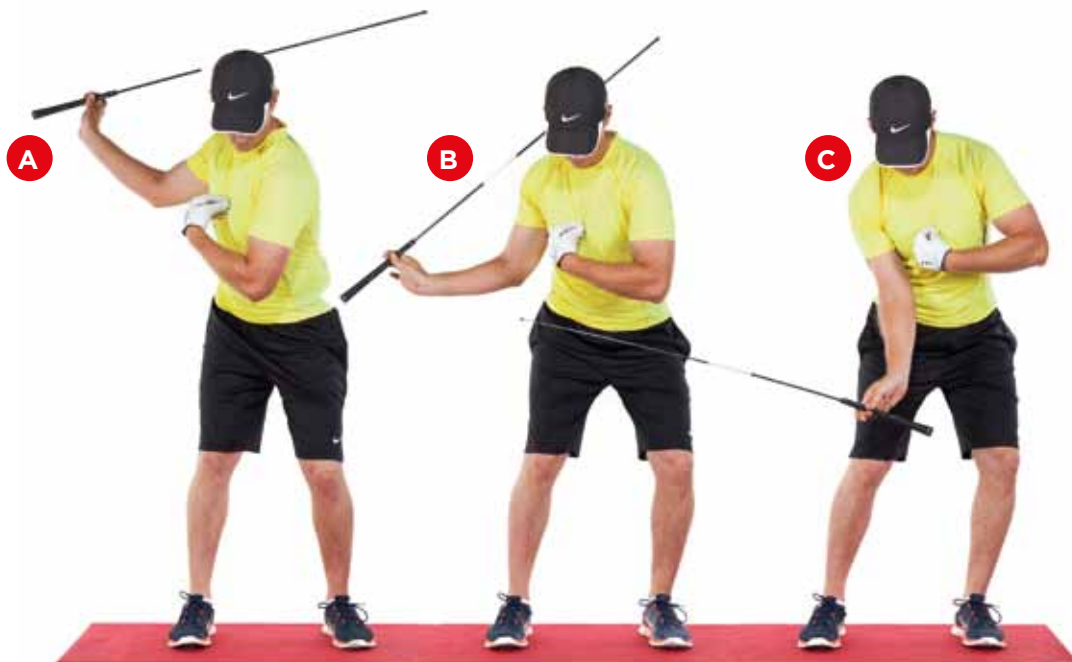
SETTING THE ANGLE

This would be like attempting to hit a ball for maximum distance without getting the club fully loaded in the backswing. The next time you head to the practice ground, work on getting the club set halfway in the

backswing, setting a nice letter 'L' shape (pic 1). At the top of the swing, the wrists, arms, club and body are in position ready to explode into the downswing (pic 2).

Through the correct transition of the

lower body into the downswing, the angle between the left arm and club will increase (pic 3), thus providing the extra clubhead speed required to maximise your speed and potential distance through the ball.



A

B

C

FEEL THE WHIP AND RELEASE

One of my favourite exercises for feeling the whip through impact and increasing clubhead speed is the whippy shaft drill.

First, take a shaft rod which should have quite a bit of flex to it and hold it in your trail hand. From here, swing it back holding it in the ends of your fingers (pic A). When

you transition into your downswing, relax your hold on the club so that the shaft feels like it's touching your shoulder (pic B). This feeling will store up all the energy needed to whip the clubhead through impact, increasing your clubhead speed and timing through the ball (pic C).



Australian PGA AAA-rated professional **Steven Giuliano** is based at the Impact Elite Golf Academy at The Mines Resort & Golf Club as the Director of Player Development & Education. He is regarded as one of the top instructors for developing amateurs and professionals in the Asia Pacific region. For more information, log on to www.sggc.com.au or email steven@sggc.com.au