

IRON PLAY

BOOST YOUR BALL STRIKING

How treading on a towel can help you shift your weight correctly in the downswing



Gareth Johnston
Gareth is a Senior PGA Professional Based at the Wentworth Golf Club, Surrey.

→ **THE ONLY WAY YOU CAN** compress the ball in the correct manner with your irons is to have your weight and swing centre moving towards the target during the downswing. This will promote a 'ball first' contact by ensuring your angle of attack into the ball is descending. Your weight should transfer onto the outside of the left foot towards the heel area.

Too many club golfers fail to get their body weight moving in this fashion in

their downswing. This creates several problems, with the quality of strike totally dependent on the swing's low point occurring at exactly the correct moment. Poor positioning of the swing's low point at impact leads to tops and fats. To help achieve the feeling of the weight shifting to start the downswing – and specifically where to feel the weight in your foot – stand on a towel underneath the left foot. As you start the downswing try to

feel your weight shifts into the outside of the foot before the club hits the ball.

This should create a ripple effect on the towel and create creases in it outside your lead foot. You can hit balls while doing this drill; it provides great feedback on whether you're shifting your weight correctly.

Be careful not to overdo the feeling though, especially if the grass is damp as there may be a tendency for the towel to slip, creating a risk of injury.



Creasing up

You may not actually create any ripples in the towel but the feeling of trying to do so will ensure your weight is moving in the correct direction during your downswing.