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Set up the drill

Imagine a cane in the ground vertically in line with the ball. Get the shaft parallel to the cane at address. The ball will sit inside your left armpit at address. Tilt the spine away from the cane.

Coil up correctly

As you turn to the top of the backswing feel as though the only part of your body visible on the target side of the cane is the lower leg, from the left knee down to the inside of the left foot.

DRIVING

TURN BEHIND THE BALL CORRECTLY

Learn how to generate power in the golf swing without letting your accuracy suffer



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



WINDING UP BEHIND THE

ball in the backswing is a sure-fire way to build power. When done correctly, it also encourages a more sweeping angle of attack that helps you get the most out of your driver. But all too often, amateurs sway off the ball in an attempt to get behind or get in front of the ball. This will lead to problems with clubhead's angle of attack and consistency of strike through impact.

This drill gets you turning behind the ball without moving laterally off it – the goal is keep your lower left leg only in place. This allows you to create the momentum and weight shift so you can get back into the ball efficiently.

When the weight doesn't shift away from the target in the backswing (right), compensations will occur in the downswing that will over-quieten the leg action in the downswing and rob you of power.

