



Back! Hit! Stop!

Keeping Your Golf Swing In Sync

With Aaron Karr, PGA

When a typical golfer tries to hit the ball farther, they generally try harder, swing quicker from the top, and completely lose their "sense" of where the club is. The result is a miss-hit shot, which never travels very far. A great fix for this problem is the "Back! Hit! Stop!" drill.

Drill: Start with making five **practice** swings, verbally saying "**Back!**" at the top of your swing, "**Hit!**" at impact and "**Stop!**" at the end of the finish. Do this until your vocalizations are right on time with the key points. Then, do the same exercise with five balls lined up. Keep practicing until you can get your voice to do the "Back! Hit! Stop!" at the key moments of the swing. As you hit balls, the key is to pay special attention to when your voice comes out. If it's earlier than it should be, this means you aren't focusing on the club, you're anticipating something else and/or trying to muscle or force your shots.

The Fix: This is what's killing your power! Once you can be with the club all the way through, then your swing will be in sync and you'll get much more out of your shots. It's amazing what a little vocalization can do.

BACK!!!



HIT!!!



STOP!!!



BACK!!



HIT!!!



STOP!!!

