

INSTANT PERSONAL GOLF LESSONS

your left heel clears the ground.

You want to have your left side in motion with the heel off the ground, before your hands or clubhead reach the ball striking area.

Use the big muscles in your legs, back and shoulders for distance, not just the little muscles in your forearms and wrist. Put your shoulders and legs into your golf swing. Wait for your shoulders to completely turn to the maximum. Use the drill we started earlier, with the club behind your back. This will teach you to use your upper and lower body properly for starting both the backswing and the forward swing.

THE LEFT ELBOW WORKS AS A LEVER IN THE FORWARD SWING

Another distance robber is premature straightening or uncoiling of the left arm. This occurs when your lower body is not working. It forces you to arm swing from the top at the start of the forward swing.

A reverse weight shift or swinging with the weight on your left foot will enhance an arm swing and the premature uncoiling of your left elbow.

The left elbow is the lever needed for distance in the forward swing.



Let's say you are a left-handed pitcher and you throw a fast ball towards home plate with a straight left arm. Without using your elbow as a lever, you will not have a fast ball. You *can not* throw a fast ball with an extended straight arm.

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In order to throw a fast ball you must have a lever (your elbow joint.) *The left shoulder and legs start the pitching motion.* The elbow (lever) will be leading and coiled, closer to home plate, adjacent to the shoulder and ahead of the left hand with the ball as shown in Fig. 47.

The left hand and forearm pivot through when the elbow (lever) has reached its maximum pivotal point of release as shown in Fig. 48.

In the golf forward swing, it's like throwing a fast ball, but on a different plane. *We must have the elbow leading and coiled* until we are into the ball striking area. One of the reasons you want to get off of your left side at the start of the forward swing is to prevent your left elbow from uncoiling prematurely. Weight remaining on your left leg or reverse shifting of weight to your left leg will cause your right shoulder to open to the right. This will cause your left arm to *prematurely uncoil and eliminate the lever.* The result is a loss of *direction and distance.*

BY DALE MCNALL

Although you are rotating everything on your left side, be sure to keep your right shoulder pointing left of the target line until you strike the ball.

THE LEFT ARM MOVEMENT IS LIKE SKIPPING ROCKS



This motion is like skipping rocks across the water. Try skipping a rock with a straight left arm and not using your body. *Nothing happens.*