

Transcript: How to Get a Powerful Golf Swing

Hello! My name is Michael Lamanna, Director of Instruction for Troon Golf at the world famous Phoenician Resort in Scottsdale, Arizona.

Hitting Golf Balls Longer

All golfers have one thing in common: they like to hit the ball long and straight. If you would like to hit the ball longer, you must first understand the sources of power in the swing and how to apply that power efficiently.

Power Sources in a Golf Swing

There are four power sources in golf and I will describe them for right hand golfers.

- wrist hinge
- a shoulder turn that swings relaxed arms
- lower body rotation on the through swing
- weight shift to the right on the back swing and then to the left on the through swing

Maximizing Impact in a Golf Swing

All of these sources must be applied in the following order to maximize power at impact.

1. On the back swing, keep your lower body stable and wind up your shoulders and hinge the wrists. These actions store up power potential for the hit.
2. From the top of the swing, shift your weight left before your shoulders and arms engage.
3. Next, rotate your hips. The arms and club will fall into the hitting area.
4. Lastly, release the wrist angle through impact toward the target.

Practice Drills for Powerful Golf Swings

To learn to produce more power I recommend the following L drill.

1. Place a tee in the handle of a 7 iron.
2. Take your normal stance and posture.
3. Make a 1/2 back swing to a position where your left arm is parallel to the ground. The tee in the handle should point at the target line and form an L with your left arm.
4. Transfer weight forward and rotate through to a position this is the mirror image of the back swing. The tee and your right arm will form the letter L.

The L drill will help you sequence and use your power sources correctly. In time, you will be able to perform these movements in your full swing. This will allow you to achieve your maximum power potential.

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