



Technical Game, Physical Game, Mental Game



The Technical Game

Recruiting Power

Champion's Tour player, Olin Browne and I developed a term we call recruiting power to describe how a player might apply excessive motion or exceed points of efficiencies in the golf swing in order to provide [extra] power to impact . Players often recruit power with the mass of their body down and through the impact zone and target line -- commonly referred to as lateral weight shift or "sliding" through the shot.

Once the player reaches maximum rotation with the shoulders in the backswing, they tend to recruit power by lifting the arms and the upper body (losing spine angle). In the downswing, players recruit power by applying weight toward the impact zone. This instinct to use the mass of the body to help hit the ball with power results in the body sliding through the shot instead of rotating -- physically reducing the space needed to keep the swing energy of the golf club (speed) and the attitude of the clubface (direction) on track.

What to do . . . A couple of things: Physically -- work on your flexibility to get better shoulder rotation in the backswing and better hip rotation in the downswing to improve your maximum physical efficiencies. Technically, we want to refrain from applying body weight in the downswing, but rather focus on swinging the arms and turning the hips (simultaneously) with some pretty good acceleration.

Swinging the arms and turning the body in the downswing create space and speed for the swing, thus producing centrifugal force, which produces lots of power. Using body weight as an applied force in the golf swing is what I call the pushing the piano syndrome. We need the weight of our body for moving large, heavy objects -- like a football player pushing a blocking sled or moving a heavy dresser or couch across a floor. In the golf swing, we need to use centrifugal force which is defined by the effects of inertia that arise in connection with rotation (hips and body core) and which are experienced as an outward force away from the center of rotation (the arms and golf club). That's a "wordy" way of saying centrifugal force (as it applies to golf) is the energy created by the free swinging golf club combined with the free rotation of the body.

If you can create space and speed in your golf swing, you will eliminate the need to recruit power. You will become a much more consistent and stronger ball striker as a result of the change. Remember, any change in swing technique requires a change of habit and changing habit requires a little time and lot of discipline.

RG

<http://www.thedyepreserve.com>

Visit Randy at The Dye Preserve

Planning a trip to Florida? Plan to visit Randy at The Dye Preserve. The Dye Preserve is named for the designer of the club's immaculate golf course, the legendary Pete Dye.

Our golf course showcases a different side of Pete, a golf course contrasting challenge with opportunity offering enjoyment to players of all skill levels. The Dye Preserve is not "typical Florida golf" the property and design culminate in a beautiful, easy feel with quiet surrounds where every hole is framed by nature.

The clubhouse, which opened in the spring of 2005, has been well received by our membership, and we are justifiably proud. It feels more like a home than a club, elegant but comfortable, classically understated, evoking an era of simplicity and good taste. It was selected as one of the five best new clubhouses in America.