

Slide Rule

THE LEGS are the foundation of the swing. When the lower body supports the motion of the upper body, a golfer is able to maintain balance. When the body is in balance, the golfer can swing at maximum speed and still make solid contact.

One reason golfers lose control of the lower body is they misunderstand how the weight shift should happen. When a player tries to shift his weight over the right (back) leg, he often slides the lower body away from the target. This leads to the upper body shifting toward the target to maintain balance. The result is a reverse weight shift—left on the backswing, right on the downswing—and a loss of power.

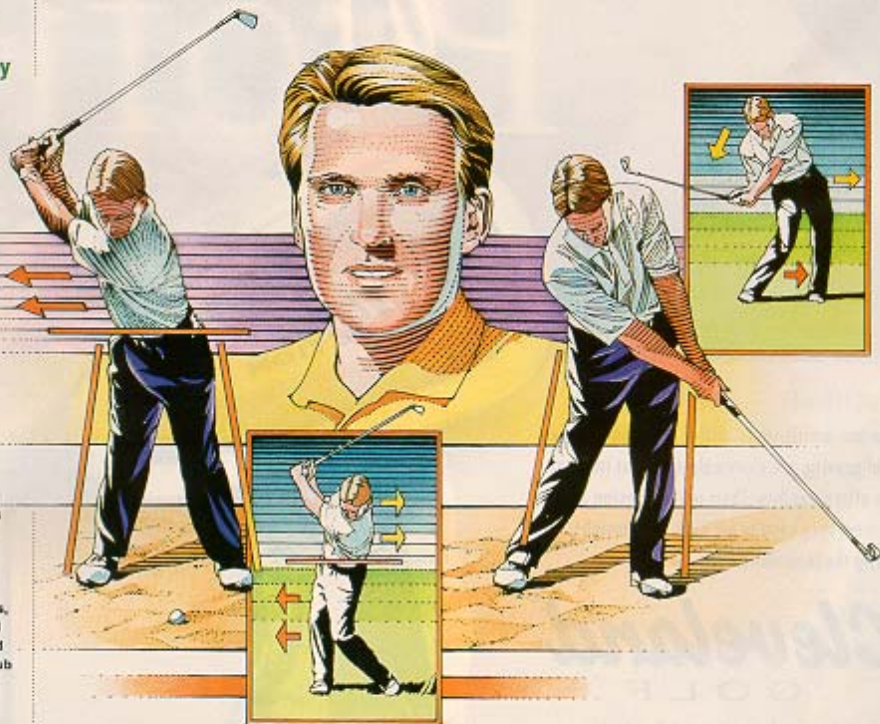
BY TODD SONES

ONE OF GOLF MAGAZINE'S TOP 100 TEACHERS

A proper weight shift is the result of the lower body supporting and somewhat resisting the upper body as it coils. During the takeaway, the shoulders, arms, and club should start the swing while the lower body stays passive. At a certain point, depending on the individual's flexibility, the hips will begin to turn and join the backswing.

A great way to improve your balance and train the lower body to form a solid base is to hit shots from a fairway bunker. Because of the lack of solid footing, the sand forces you to keep the lower body quiet to maintain balance. When most of your swings are making solid contact and you're finishing in balance, you have achieved a quiet lower body, which will help maximize power and consistency in your swing.

Quiet
your lower
body for
power and
consistency



Todd Sones teaches at White Deer Run Golf Course in Vernon Hills, Illinois, and at Ironwood Country Club in Palm Desert, California.