

## **TIMING YOUR DRIVER SWING FOR POWER!**

**By Sherry Andonian-Smith**

**LPGA and PGA Member**

Most golfers are looking for more distance with their driver. There are now so many ways to adjust the driver to optimize launch angle, loft, and spin. So what can we do with our set-up and golf swing to gain more power?

1. Go for a wider stance with your driver – to the outside of your shoulder width. Make sure your upper body is behind the ball (away from the target) which should be easier since your ball position is towards your forward heel.



2. Rotation behind the ball in your backswing is a key for power, let your upper body coil against your stable hips. If you need to, let your hips rotate more if it gives you a bit more rotation.



3. Start your downswing with your lower body, allowing your arms and the club to drop without casting or throwing the club head. When we swing too fast from the top, the power is gone before the club gets to impact



4. Before impact, the front leg should straighten and the upper body should still be behind the ball. This allows you to hit slightly on the up-swing and reduce ball spin. The club head should catch up to your hands only at impact, not before.



5. Let your arms extend on your follow-through as you release the club. Your finish should carry you all the way through without slowing down. If you have a "fake" finish that you have to force, then you have lost your power before impact.





Timing is the crucial element here with these tips. Remember that if you swing so hard you miss the center of the club face or hit too low on the club face, you will lose a lot of your power.