



THE GARY PIKE GOLF ACADEMY

Top teaching professional Gary Pike PGA AP (advanced professional) invites you to his golf academy at Forrester Park Golf Club near Maldon. Gary is a David Leadbetter trained instructor. He has lectured and coached worldwide and is personal coach to over 50 professional golfers. Gary has published over 100 articles with his unique view of the golf swing. He is currently the Essex County Senior Coach. Why not join Gary – the answer is there for you.

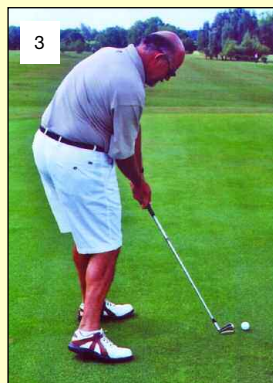
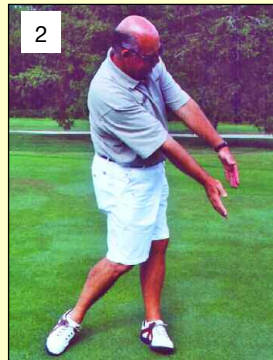
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If I had a perfect Impact and Follow-through

Impact is the moment of truth. Up until this point everything in the swing is all potential information the ball will receive. It's at this point the ball will reap the rewards of your swing efforts, or not as the case may be! Follow-through is post impact and although the ball has been struck, control of the swing to knee height is essential. I refer to this knee height point as the follow-through, not the end of the swing.

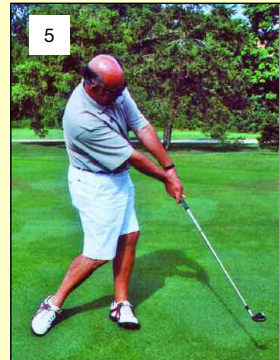
The Body. The body's role is to lead the club through impact until the follow-through. The key phrase is 'to lead'. If the shaft of the club overtakes the body too soon i.e. before the follow-



through, it has a good chance of becoming unstable and will refract excessively on off-centre hits.

Picture 1 sees the body during impact and picture 2 at follow-through. After this point it will keep rotating until the finish of the swing.

The Club. If you have managed to change direction correctly, the club will approach the ball from slightly inside the ball to target line as in **picture 3**. In **picture 4** the body leads the arms, the arms leads the club. This will enable you to lean the shaft of the club forward during impact. This adds distance and stability as the forward leaning shaft is de-lofting the clubface. It is also a pulled force which is more stable than a pushed force. **Picture 5** is at follow-through; you will notice the shaft is still following the pivot and as yet has not overtaken the body, increasing the control and stability of the swing.



To help develop the feeling of impact and follow-through, practice with small punch swings as I am doing in the final sequence. If you can achieve the correct sequence you will have discovered the ideal moment of truth.