



# 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.

Contact the Golf Academy on 07801 428174 [www.garypike.co.uk](http://www.garypike.co.uk)

## If I had the Perfect Takeaway

The initial move of the club from the golf ball is often critical to the well-being of the rest of the swing. Your main objective is to control the

movement of the club with the big muscles of the torso rather than the small muscles in the hands and wrists.

The secondary objective at this early stage is to allow the club to travel up the correct swing plane, as trying to find the plane later causes compensations in the swing.

**The Initial Move.** Pictures 1 & 2 show the ideal movement from set up. There has been no change in the 'shaft to arm' relationship; all you will notice is in picture 2 my upper body has started to turn. This has encouraged my big muscles to work early in the swing. Picture 3 is an incorrect movement. My body has stalled and the wrists and hands have started the



swing. This will cause a narrow, off-plane swing.

### The Initial Plane.

Picture 4 is a 'down the line view' of picture 2. The club is moving back on plane and is balanced. If it continues in this vain, it will move nicely to the top of the backswing. Picture 5 is a 'down the line view' of picture 3; this shows a very different story. The early wrist movement has made the club both inside and under plane. The likely result of this is an out of balance backswing and an over-plane correction in the downswing, which is not very desirable.

Practice in front of a mirror to get the first link in the chain correct and get the swing off to a good start.