



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



If I could be perfect...

Welcome to the first swing article of 2008. I hope everyone had a wonderful time over the Christmas and New Year break.

I recently sat with a new client for the first time to discuss their needs and listened to their desires regarding consistency, distance and direction. Upon hearing this, my reply was simple; if you desire to strike the ball longer with more accuracy and consistency, you must improve technically. It's true to say, not many golfers arrive at the academy and say "I know I won't be very good so do the best you can". The vast majority would like to play the game well and they admire golfers that can.

These days I constantly hear comments like 'working round a player's own ability' or 'you must accept they have limitations'. I concede that in some extreme cases there may be limitations and the correct course of action is to work within these physical issues, but I fear these golfers may never play to their full potential.



I spent several years working for probably one of the greatest coaches to have taught the game; David Leadbetter. Back then I was impressed by his belief that the correct golf swing will breed success and sixteen years on, I still am. So let's stop all the correctional 'quick fix band aid solutions' and start to learn to swing the club well.

The golf swing can be divided into three areas; the pivot (large muscles of the torso), the plane (angle in which the club shaft moves up and down) and leverage (angles created between the left arm and shaft) to create club head speed and shaft lean. In the forthcoming articles I am going to address each one in turn with the objective of 'stopping looking for a quick fix, it does not exist'.

If I could be perfect... pivot.

The pivot is responsible for stability, resistance, measurement and rotation. To begin we are going to concentrate on the pivot from the 'face on angle'. Learn this exercise in front of a reflection and repeat it everyday until it has become an automatic part of your game.

Picture 1; the set up. Fold your arms across your shoulders, feet just outside the width of your hips, knees



flexed and over the instep of each foot, hips flexed in posture.

Picture 2 & 3; rotate to the top of the back swing from the shoulders, remaining in posture. Knees quiet and still in the address separation. Hips pulled around slightly but only as a result of the shoulder rotation. A feeling of tension is required.

Picture 4 & 5; impact. The torso is being led through the down swing via the rotation of the left hip; in the centre remain in posture. Following slightly behind are the shoulders and knees.

Picture 6; the finish. When fully rotated the weight has moved to the heel of the left foot and the torso is balanced.

The pivot is the heart of a great and correct golf swing. Without this movement the swing will continue to be inconsistent, under-powered and result in poor ball striking.

Next Article-

learn the correct swing plane and get control of the direction and contact.

