

# LEARN TO PLAY SIMPLY GREAT GOLF!

## **Chapter 9: 3 Steps to Gaining More Distance, With Control**

By PGA Professional, Mike Passmore  
Simply Great Golf Academy, Possum Trot Golf Club, N. Myrtle Beach, South Carolina

Chapter 8 taught you the two best full swing exercises for making your Simply Great Golf Swing consistently. This chapter of Learn to Play Simply Great Golf teaches you a 3-step process to make your swing more powerful while maintaining control.

The leading cause of poor full swing shots stems from our natural-born “hit impulse”. This instinct usually causes us to force power incorrectly and it is the main reason we lose control, with a variety of miss-hit golf shots. The maxim of “power is the root of evil” holds true for golf.

I do believe however, that most golfers will play better golf if they can improve their power, as long as it does not come at the expense of their control. The great thing about learning how to generate power correctly is that it is also an important key for making better, more consistent golf swings and golf shots. My power with control thought is to swing “smoothly aggressive”.

Golf can be frustrating to play well or consistently well because most golfers have to think and act counter-intuitively to play their best. It is a game of opposites. Instinctively, just as with most power-related activity, we think to use muscle or “brute force” to be powerful. In golf, the excess muscle tension we create from this concept usually lessens our force and speed and results in miss-hit golf shots, or you may have power but rarely with the control needed to play your best.

The best golfers demonstrate seemingly effortless power known as centrifugal force. The 3 Golf Swing Power Sources to coordinate for generating centrifugal force are: 1) “arm swing”, 2) “wrist hinge” and 3) “body/torso rotation”. This coordination produces the necessary first step for most golfers to generate more power – a stronger application of force.

### **Step 1 – Generate A Stronger Application Of Force:**

Most golfers can generate more power by simply improving their golf swings. Better swing mechanics produce a stronger application of force.

Chapter 8 taught you the two main exercises to develop your best golf swing and the two most important focus points for making your best golf swing: 1) begin with and maintain the proper “tension level” in your arms and hands, and 2) coordinate the swing of your arms with your body/torso rotation. Your practice of the instruction from this chapter was the key first step to making a powerful golf swing.

### **Step 2 – Generate More Speed:**

A faster body rotation-arm swing coordination combined with fluid hinging wrists will generate more club head speed at “impact position”. You can only “swing and turn” (swing your arms and rotate your body), as fast as the strength of the bigger muscle groups of your upper and lower body will allow before you lose this coordination or balance and control.

Practice your body rotation-arm swing coordination rhythmically at a slightly faster than average tempo. If you can still maintain coordination and balance, graduate to the next fastest tempo and continue until you find the tempo that causes you to lose control. The tempo prior to this loss of control is your maximum tempo for power with control.

The *rhythmic* body rotation-arm swing at a faster than average tempo is the best approach for most golfers to achieve power versus an *accelerating* body rotation-arm swing which usually results in less coordination consistency.

Tiger Woods has shown both of these techniques and he definitely has better control when he is rhythmic at a faster than average tempo. Annika Sorenstam, the former dominate golfer on the LPGA Tour for fifteen years was always rhythmic at a slightly faster than average tempo to send her drives 270 yards with outstanding control.

### **Step 3 – Improve Your Physical Condition:**

Get stronger, faster and more flexible. Most golfers make better, more powerful swings when they become more flexible. Chapter 3 has the golf-specific stretching and warm-up exercises you need to become more flexible.

My three favorite training aids for making my upper and lower body/torso stronger and faster are The Power Swinger, The Heavy Club and The Weighted Ball. They are my favorites because they are practical in the sense that you practice your golf swing motion with them.

The Power Swinger is the very best. It uses air resistance to strengthen your muscles. The more you practice with it, the stronger your body will become and the faster your body will be able to rotate while maintaining proper structure or alignment. Practice swing with a golf club after swinging the power swinger a few times and you will be amazed at the resulting speed you can generate.

The Heavy Club is good for strengthening all the muscles you use for making a good golf swing as well as for stretching and warming up your muscles quickly. It is best to practice with this club at a medium tempo. A slower tempo does not allow you to make a proper swing and a tempo that is faster than average can stress your joints and ligaments.

The Weighted Ball is great for strengthening your body as well as your body rotation-arm swing coordination. It is best to practice with a three-quarter swing motion, which is “hands to chest-level”. You will have to experiment to find the proper weighted ball for you. I use an eight-pound ball. I also suggest purchasing a soft or “squishy” ball rather than a firm ball for a better hold.

Chapter 10 of Learn to Play Simply Great Golf will detail “Golf Instruction Myths and Truths”.

*Mike Passmore has achieved a ranking of 2006 Top 6 PGA Instructor in the U.S. and he is a 3-Time PGA Section Teacher of the Year*