

Basic Golf Drills That Work Wonders For Your Swing

Have you been looking for simple golf drills that you can use during your training sessions at the range?

The following drills may seem unconventional and may invite some curious onlookers at the range. However, they are helpful drills that target to work on the basics of the golf swing, mostly neglected by regular golfers.

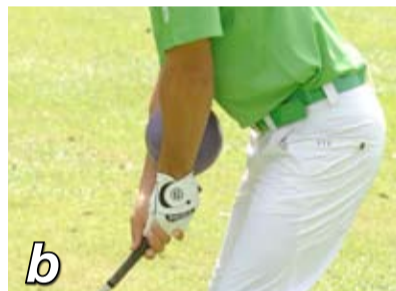
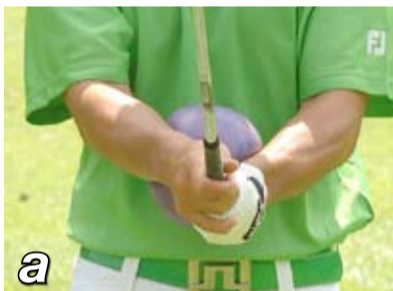
Golfers tend to execute their swings with force from their arm. Golfers need to practice the use of the strength from the upper body in their swing. This mistake can be corrected with the following drill.

Drill to achieve a balanced swing – Most golfers tend to use the right hand to power the swing. This drill will help golfers achieve a balanced swing.

YOGA BALL

The right hand and the left hand become symmetrical by maintaining a distance between both elbows.

- a. The yoga ball is lightly placed between the elbow.
- b. Take a stance by the normal address.
- c. Keep the yoga ball always in front of the body.
- d. Swing through with the yoga ball by rotating the body (from back swing to finish).



OVEN MITTEN

With the use of an oven mitten, the golfer is unable to establish a firm grip of the club. It becomes difficult for the golfer to execute the swing using solely the strength from the arms. The strength of the upper-body will have to be deployed in this drill.



a. Grip lightly to feel the weight of the club head.



b. Relax from the shoulder to the arms and swing by rotating the body.

Drill to practice the transfer of weight during swing and chipping

BALANCE DISK

The use of the balance disk in the drill will improve the overall sense of balance while strengthening the inner muscle. The latter will significantly improve your golf swing. (6621)

- a. Stand on the balance disk. To retain balance, use the strength of the stomach muscles.
- b. Practice this swing initially without a ball. Take a back swing, shifting weight to the right leg.
- c. Swing through with the transfer of weight to the left leg at follow-through.
- d. If you are able to deliver a well-balanced swing, try hitting the range ball with a 7th iron.



TIPS TO BETTER CHIPPING

- a. Running approach*
Place your right foot on the balance disk and practice chipping with the weight on the left leg.
- b. Chipping high ball*
Place your left foot on the balance disk and chip with the weight on the right leg.



Jun Ojima is has been a member of Singapore P.G.A since 1994 and a Japan Tour player between 1999-2003. He also plays in the South American Tour.