

GETTING STARTED WITH US KIDS GOLF

# AVOIDING POWER LEAKS

How to hit long by dodging power leaks **BY EDMUND TAN**



Everybody likes to hit the ball long. Unfortunately, most amateurs try to get long the wrong way – swinging out of their shoes, and almost all the time losing their balance and coordination.

Surely you’ve wondered how the pros hit it long while swinging so effortlessly, or so it seems. It’s all about swing sequencing and efficiency. Read on and I will show you how you can achieve longer drives too.



**Edmund Tan** is a US Kids Golf and Mizuno Golf School instructor and the head of instructions at Golf House Academy, Cinta Sayang Resort. He may be reached at [edmundtan@rsh.com.my](mailto:edmundtan@rsh.com.my) or +6012-312 1966. For more info, visit [www.golfhouseacademy.com](http://www.golfhouseacademy.com)

**THE POWER SET-UP**



**STANCE WIDTH**

GET WIDE! Your stance should be at least shoulder width apart. This will provide you with a stable base, and a longer "flat" spot on the bottom.

**SPINE TILT**

Make sure your spine is "tilted" away from the target. This will assist you with the correct pivot.



**BALL POSITION**

Position the ball slightly inside your left heel - too far back will encourage a downward strike, and too far forward can promote an over-the-top downswing.

**THE POWER PIVOT**



**SPINE TILT**

Your upper spine should be "tilted" away from the target, just as it was at the set-up.

**ROTATION**

Achieve a 90° shoulder turn at the top of your backswing.



**ANGLE ATTACK**

Unless you compensate during downswing, a "reverse" spine angle will cause a steep angle of attack.

## THE POWER SEQUENCE



### LAG IT

The correct sequence will help you "lag" the club, versus throwing or casting the clubhead.



### SEQUENCE

Poor sequence is one of the biggest power leaks! It can also cause a number of other swing faults.

### FOOTWORK

Good footwork and correct sequence go hand in hand. If your footwork is poor, you will find it hard to start down in the correct sequence.

## THE POWER SWING PATH



### SWING PATH

An "over-the-top" or steep start down can lead to an "outside-in" swing path. This will result in a pull or a slice, depending on the clubface position at impact. You will lose both power and accuracy.

