

GETTING STARTED WITH US KIDS GOLF

LITTLE GUY, MONSTER POWER!

To achieve maximum power with any club,
an athletic, powerful position is crucial

BY EDMUND TAN

Every junior golfer wants more power off the tee. Some want power so they can blow their drivers past their opponents and some want to hit further to have a shorter approach into the green. Whatever the reason, it's really important for the player to understand that in order to achieve maximum power with any club, it starts with your body being in an

athletic, powerful position so you can load and explode on the ball.

In this article, we're going to focus on three activities, ie golf drill, fundamental movement skill activity and functional strength activity – this is how one of my best students got more yardage with his shots, and you can too!

GOLF DRILL - REACH OVER THE FENCE

Create a fence post or some kind of barrier (I used a chair as shown in the picture) and place it straight up from the junior's trail leg. Have him/her turn into their backswing and reach over the barrier as far as possible without touching it. This will help them create the proper coil and turn into their right side. The spine angle should be angled slightly away from the target at the top of the swing.





FUNDAMENTAL MOVEMENT SKILL - BALL THROWING

Standing in a sideways position in relation to the target (just like you would in golf set-up), hold the ball in one hand and throw it as far as possible. If done right, the athlete's body weight should move back, the upper body should tilt away from the target, very much like a golf swing. After throwing, the body weight and the upper body should all move and rotate towards the target.



FUNCTIONAL STRENGTH ACTIVITY - PUSH-UP MATRIX

This activity will help develop upper body strength and stability. Have the junior perform five wide arm push-ups (pic 1), five diamond push-up (hands together forming a diamond - pic 2), five regular push-ups (pic 3) and five explosive push-ups (pic 4).



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