

Slide far away from problems with drill

19: Preventing sway or slide

THIS is a good drill help you prevent either a sway in your back-swing or a hip slide in your down-swing.

Firstly, place two shafts or canes, one just outside both your right and left feet, as demonstrated in the pictures.

The idea is that you are going to make your swing without hitting either of the shafts.

In your back-swing you should turn your shoulders and move your weight into your right side, making sure that you avoid hitting the shaft by your right foot, thus preventing the sway.

Then you should start your down-swing by moving your left hip and knee forwards towards the target, transferring your weight to your left side.

Now, rather than continuing your movement forwards, you start to rotate your arms and body round to face the target - preventing the slide to the left.

Again, you must avoid hitting into the shaft.

Practice this drill and you will soon get away from your sway or slide - even possibly both.

● For details on the Andy Lamb Golf Academy, visit andylambgolf.com oremail info@andylambgolf.com.

Alternatively, call 07887 422140.



● Andy Lamb demonstrates how to prevent a sway or slide

PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips



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