

Nice balance transfer can really pay off

20: A weight transfer drill

MUCH like throwing a ball, hitting a golf ball for right-handers requires moving your weight to your right side in your back-swing and then to your left side in your through-swing.

If you have a problem transferring your weight correctly in your swing, here is a drill for you.

Firstly, take a seven iron and set-up to an imaginary ball.

Then swing your club back normally but, when you reach the top of your back-swing, take your left foot off the ground and balance your upper body over your right leg.

After a few seconds swing down and through into your finish position, but now take your right foot off the ground and remain balanced over your left leg, holding the position for five seconds.

Once you get to grips with it, tee up a ball and have a go, repeating the same exercise.

After a fair amount of practice with this drill you should be able to return back to leaving your feet on the ground again, and sense your weight moving more correctly in your golf swing.

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

Alternatively, telephone 07887 422140.



● Andy Lamb demonstrates a weight transfer drill

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



ANDY LAMB
PGA ADVANCED PROFESSIONAL