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### Three Drills For Generating More Clubhead Speed

By Jack Moorehouse

Weekend golfers often equate "muscle power" with length off the tee. I see it all the time in my golf lessons. The player swings his or her driver as hard as he or she can, hoping to hit a monster drive. They never do. In fact, swinging the driver harder, as I tell these players, shortens your drives because it tightens your muscles, decreasing their ability to producing power.

The secret to more distance off the tee is generating more clubhead speed. Mechanically, you generate more clubhead speed one of three ways, as I point out in my golf tips:

· By widening your swing arc · By lengthening your swing arc · By adding speed in the hitting area

Widening your swing arc increases the distance the clubhead travels, giving it more time and room in which to build up speed. The same thing happens by lengthening your swing arc. This makes the swing arc longer, and again, gives the club more time and room to accumulate speed. Adding speed in the hitting area increases the clubhead's momentum through the impact area, generating more power.

Below are three drills I use in my golf lessons to teach how to generate more clubhead speed. The key with the drills is learning the feeling of what it is like swinging the clubhead faster, then incorporating that feeling in your swing. Practice the drills faithfully. You will see results fairly quickly.

#### Widening Your Arc: Right Hand Drill

If your swing arc is narrow, the club has less time and room to build up speed. If your left arm (for right-handers) bends too much during your back swing or is scrunched against your body during your backswing, as I often explain in my golf tips, your swing radius diminishes. This, in turn, narrows your swing arc. To generate more distance, you must keep your arms extended, which isn't easy if you have too much tension at address. Watch golfers with a low golf handicaps. They are always loose at address.

Ideally, you should feel your left arm extending on the backswing and downswing, with the sensation that you're swinging the club's butt away from your body. To achieve this feeling, practice hitting balls

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with your left hand holding the club and your right hand gripping your left wrist. Stretch the left arm out as you swing back. Use the right hand and arm to move the club farther from your body. The muscles at the top of your left arm should feel stretched as you complete your backswing. Swing slowly to keep club–ball contact solid.

### Lengthening Your Arc: Right Foot Drill

Here's another golf tip: The farther away from the ball the clubhead travels on the backswing, the more potential it has to generate speed on the downswing. Short swing arcs result from a lack of body turn on the backswing. A full turn pushes the club back farther, so it has farther to go —and more time and room to generate speed—coming down. To set the stage for a steeper turn, try the right foot drill. I use it frequently in my golf lessons

At address, draw your right foot back about 10 inches (like taking a small step backwards, away from the ball— so as to set your stance as closed) and turn the toe of your left foot out at a 45–degree angle to your target. Keep your shoulders and body pointed toward the target. Define the target line by laying two clubs on the ground, pointing toward the target. Now hit some balls. You'll feel the sensation of your hips and shoulders turning more fully. Remember that feeling. Go back to your normal set–up but incorporate that feeling in your swing.

### Adding Speed Through Impact: The Listening Drill

Next time you play a golfer with a low golf handicap, listen closely when he drives his ball. You'll hear a loud "whoosh." That's the sound of clubhead traveling through impact at an enormous speed. That's the sound of a good ball striker.

This drill teaches you what it feels like to swing a club with incredible speed as it passes in front of your body. You need a driver length shaft, with a grip on it and no clubhead attached. Swing the shaft back and through as in a normal practice swing, listening closely for the "whoosh" as it tears through impact on the downswing. Try to make the whoosh loudest from a point even with your right leg to about midway into the follow–through. If you don't have a spare shaft, simply turn your driver upside down and grip it on the neck just above the clubhead and the grip of the club will be where the clubhead would normally be.

As you swing, be aware of what body parts move the fastest during the drill. This sensation varies from player to player, then incorporate it in your swing. If it feels like your hands give you the greatest increase in speed, for example, concentrate on using them more actively when you go back to your normal swing.

These three drills generate more clubhead speed. Practice them from 25 to 50 times at a session. Make them a daily golf instruction routine. Doing so will improve your mechanics and ingrain the feeling of adding clubhead speed. Once you've ingrained this feeling in your mind, take it with you to the practice range and hit some balls. Keep at it. You should find yourself producing more distance off the tee without swinging harder and, probably, cutting strokes off your golf handicap.

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Jack Moorehouse is the author of the best-selling book "

<http://www.howtobreak80.com>

." He is NOT a

golf pro, rather a working man that has helped thousands of golfers from all seven continents lower their handicap immediately.

### **Clubhead Speed Or Power, Which Comes First In The Golf Swing?**

**By Sean Cochran**

A question for the ages in relation to the golf swing. Golfers around the world are familiar with the term clubhead speed. It is the rate at which the golf club is traveling at impact with the golf ball. Golfers are also familiar with the term power. They know that power is directly related to clubhead speed. Knowing the connection between the two, which comes first?

#### Clubhead Speed and Power in the Golf Swing

Take a moment to answer the question; which comes first, clubhead speed or power?

Write down your answer and continue reading. Before we answer this question, let us do a quick review of both clubhead speed and power.

#### Clubhead Speed

Again, we understand that clubhead speed is the rate at which the clubhead is moving at impact with the golf ball. The development of clubhead speed is a resultant of your golf swing mechanics. It is essentially a summation of the entire process of the golf swing, beginning with address, moving through the backswing, into transition, onto the downswing, and completing with impact.

The paragraph above should answer the question of which comes first; clubhead speed or power? Clubhead speed is the resultant of power development with the mechanics of the golf swing.

The next question we want to ask is about power:

#### How is Power Developed in the Golf Swing?

Power is a combination of two entities:

1. Golf Swing Mechanics
2. Body

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Your golf swing mechanics is the efficiency at which you perform the golf swing. Essentially, the golf swing can be broken down into the stages. These stages are;

Address, Backswing, Transition, Downswing, Impact, and Follow Through

Each of these stages within the golf swing can be performed efficiently or inefficiently. PGA Tour players tend to perform the mechanics of the golf swing very efficiently, where as the 30 handicapper performs them very inefficiently.

If the mechanics within each stage of the golf swing are efficient. The creation of power and transfer of this power into clubhead speed is at a greater percentage.

On the flip side, if each stage is performed inefficiently. The amount of power developed and transferred into clubhead speed becomes a low percentage.

The first key in power development and the generation of clubhead speed is golf mechanics.

Efficient Golf Swing Mechanics = Greater Power Development and Clubhead Speed

Once we understand that efficient golf swing mechanics equals more power and clubhead speed. We can turn our attention to the "support structure" of your golf swing.

The Body

The body is what drives the golf swing. It is your skeleton, muscles, and nerves performing the mechanics of the golf swing. As a result, your body has a direct affect on how much power you generate in your golf swing.

The mechanics of golf swing requires certain levels of:

Flexibility

Balance

Strength

Endurance

Power

Optimal levels within these body categories allow for the possibility of performing the mechanics of the golf swing at their most efficient levels.

For example, a full shoulder in the backswing is necessary for optimal power development. In order to perform a full shoulder turn, you must have a high level of flexibility.

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If you are lacking the flexibility to perform a shoulder turn it will affect the amount of power you can generate.

Bottom line the body is the foundation on which the golf swing is developed.

If you have a weak foundation, you will have a weak golf swing.

Efficient Golf Swing Mechanics + A Strong, Flexible, and Powerful Body = Clubhead Speed

We now know clubhead speed is a product of power development in the golf swing. Power development within your golf swing is contingent upon two entities. The first entity is your golf swing mechanics. Performing the mechanics of the golf swing efficiently elicits more power. Secondly, it is the body. Optimal power development requires certain levels of flexibility, balance, strength, endurance, and power within the body. Put these two entities together and you have the ability to generate high levels of clubhead speed within your golf swing.

Sean

Sean Cochran is one of the most recognized golf fitness instructors in the world today. He travels the PGA Tour regularly with 2005 PGA & 2004 Masters Champion Phil Mickelson. He has made many of his golf tips, golf instruction and golf swing improvement techniques available to amateur golfers on the website

<http://www.bioforcegolf.com>

. To contact Sean, you can email him at

[support@bioforcegolf.com](mailto:support@bioforcegolf.com)

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