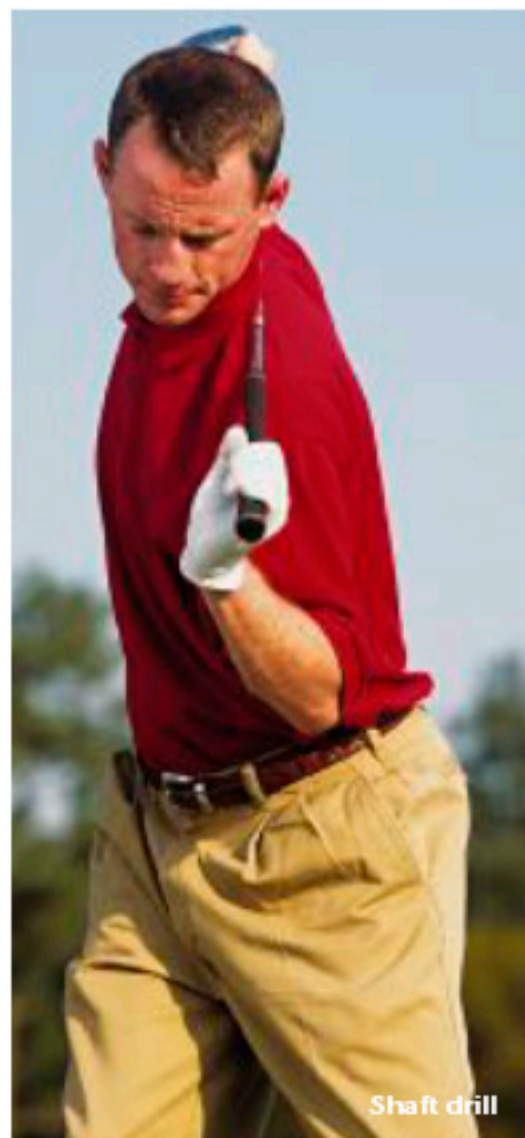


Power Drills



Shadow drill



Shaft drill



Reverse K drill

Real-golfer research on boosting your distance

To hit the ball farther, try maximizing your shoulder turn going back as you shift onto your back foot.

This sets up a powerful move toward the target and an uncoiling action through impact. We tested three popular drills designed to increase backswing shoulder turn.

First came the shadow drill: With a club on the ground, address the ball so the club vertically bisects the shadow of your head. Then make practice swings, shifting your head behind the club on the ground as you swing back.

Second was the shaft drill: Hold a club across the back of your neck and simulate your backswing. Turn back until the butt of the shaft points behind the ball.

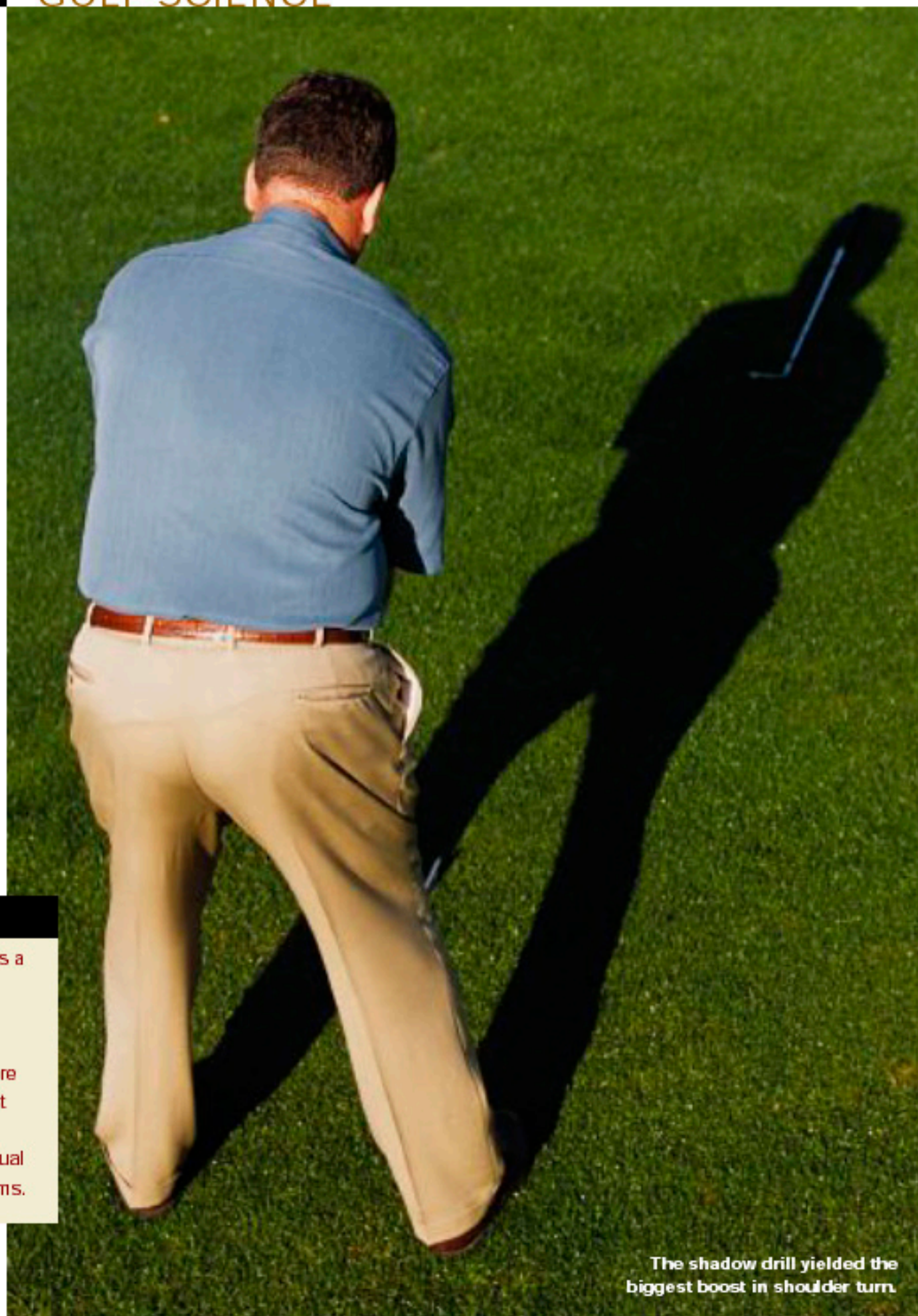
Third was the reverse K drill: Facing the ball, hold a 5-iron against the middle of your chest, then tilt away from the target until the clubhead bumps your front knee. This is the ideal amount of side tilt at address.

THE TEST

In research supervised by Dr. Bob Christina, 41 golfers were randomly assigned one of the drills, with each group balanced for age, gender and handicap. Each participant warmed up and hit three practice shots, followed by a pretest of five measured shots. Each shot was with a 6-iron, using a tee.

After the pretest, golfers were taught their assigned drills and began training cycles: two practice swings using a drill, then one shot trying to apply it. Participants took a three-minute break after six cycles. They completed 18 cycles in all. Finally, a post-test was conducted under the same conditions as in the pretest.

continued



The shadow drill yielded the biggest boost in shoulder turn.

WHY?

The shadow drill combines a simulated swing with a simple visual checkpoint that promotes a full turn. Based on our study of more than 30 drills over the past year, we believe that the more a drill mimics an actual swing, the better it performs.

THE FINDINGS

The shadow drill registered the biggest improvement in shoulder turn—2.9 degrees, measured by before-and-after video—while the shaft drill came in second with a two-degree increase. Both results are statistically significant. Players got no appreciable benefit from the reverse K drill. In addition, 92 percent of the participants who used the shadow drill increased their turns. Sixty

percent of those who used the shaft drill increased their turns. Meanwhile, 85 percent of the participants who used the reverse K drill actually decreased their shoulder turns. **g**

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