

How to get a better swing in the bag

13: Build better body motion

TRY this bag drill to help you to achieve better body motion in your swing, and get your arms and body working better together.

Firstly, take your normal set-up position, but have with your hands holding onto each side of a practice ball bag, or something similar.

Now take the bag around your body to your right, as if you intended to throw the bag to your left. Making this movement without thought, your body will turn and your arms will rotate, with your right elbow folding into your side.

All these movements, which are happening naturally, are the movements that you require in your golf swing.

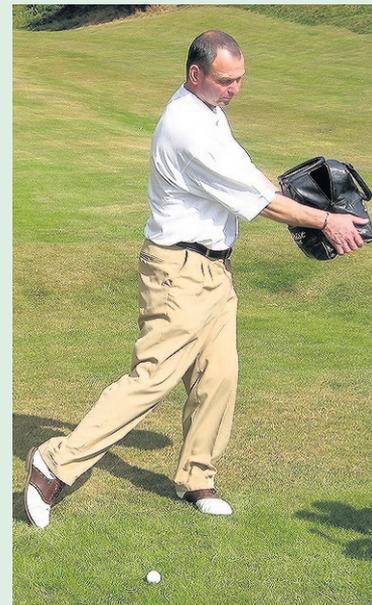
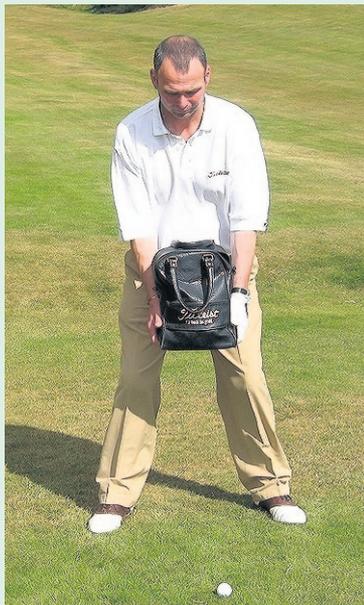
Then, as if you were going to throw the bag to your left, your lower body will start moving towards your target, your arms will swing down and round your body.

You'll finish up on your right toe, with your arms rotating and your left elbow folding into your side.

Again, these are movements that you make in your golf swing, but here they are happening instinctively rather than through conscious thought.

Rehearse this drill and see if you can get the same feelings into your golf swing.

Next week we will discuss a myth in the golf swing.



● Andy Lamb demonstrates how to build better body motion

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