



Close The Gap

Purpose:

This drill will help build coordination between the upper body rotation and the lower body rotation in the golf swing.

Benefit:

Improves communication and coordination between the upper body and lower body to improve power and consistency.

Instructions:

Begin this drill by getting into a golf stance with your arms crossed over the chest and holding onto a Body Bar or other bar-like object. The first part of the drill will be to turn the hips into the downswing motion without the upper body or bar moving. Once the hips have reached their maximum turn to the left (for right handers!!!), then you may allow the bar and torso to turn left and catch up to the hips. When the bar/torso complex is turning, keep the hips very quiet and stationery. Always perform drill in a slow and controlled manner.

Quantity:

Perform _____ reps _____ sets on _____ side(s) .

