

The Modern Golf Swing



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Presentation Overview

- Golf Swing Technique and its evolution
- Injury and Inconsistency
- Nick Faldo – A model of Consistency
- Set-up & Posture
- Creating Pressure through Pivot and Rotation
- Width and Radius in the swing
- “The Squat” and its power potential
- Extension for release of energy
- Questions and Answers Session

Old Golf Swing Technique



Backswing – Long



Impact – Leg Drive



End Position – Reverse C

Payne Stewart Classic Swing-
Long Backswing
Leg Drive
Reverse C



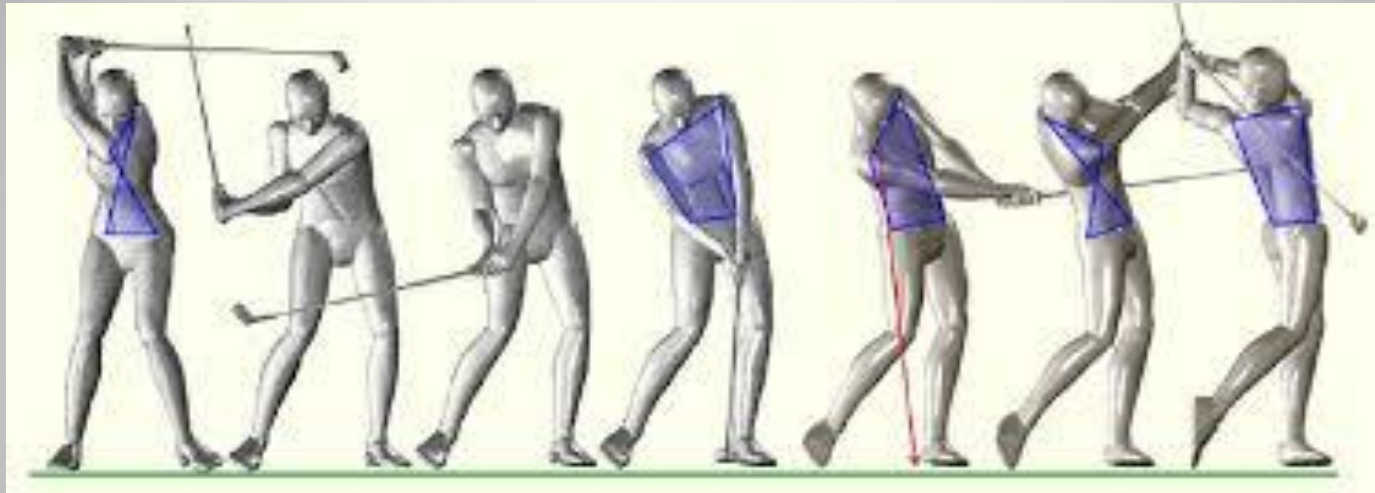
Problems – Consistency through Coordination

- Golf Swings were dominated by the use of the hands in the backswing, so they were often very long
- Lower body “Drive” towards the target with the hips and legs
- Clubface closed at impact to stop a “block” shot out to the right “rolling of the wrists”
- Lower Spine stress caused many injuries
- Unpredictable under pressure, as the small muscles are effected by nerves

Hip, Knee & Lower Back Injuries



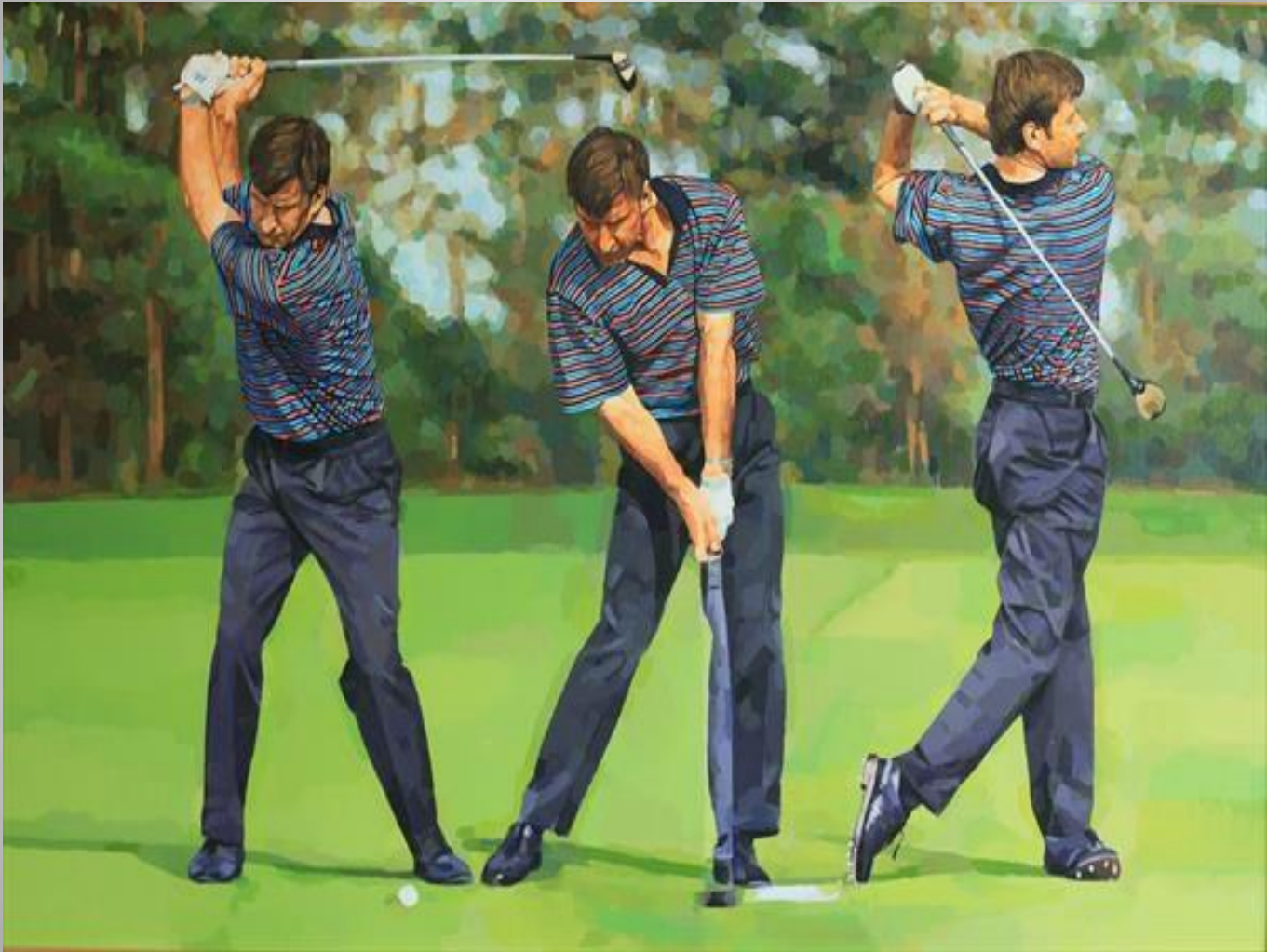
Video & Biomechanics Feedback



The Search for healthier stronger dynamic sports movements has led scientists to biomechanics and 3D analyses feedback systems

Nick Faldo – The Modern Example

- In the mid 1980s Faldo decided to change his swing in order to make it more reliable and accurate, he felt his swing was too long and used too much wrists
- He felt his swing collapsed under pressure, as he dominated his swing with his hands and coordination
- He went on to win 6 Major championships and become world number 1, with the “Modern Golf Swing”



The Modern Golf Swing - Overview

- Posture and Set – Up determine range of movement speed and dynamic force
- Compact Body Swing around Fixed Pivot points development stability and build up pressure into the ground
- Radius creates width and speed
- Body then “Squats” into the ground to multiply pressure and mass into the floor
- This pressure is then released through extension during the forward swing

Posture & Setup – Ready to move!



- Upper body is bent forward from the pelvis
 - Back is naturally straight
- Arms hang down from the shoulder joints and are “connected” to the rib cage
 - Hands are under the chin
- Knees are directly over the middle of the feet

Creating the Upper & Lower Body Link



Pivot Points – Creating Pressure

The Role of the Body - Backswing

1. Head Position stays stable throughout the backswing
2. Right knee stays flexed throughout the backswing
3. Shoulders and Pelvis turn around these two pivot points

Jason Day



Jordan Spieth



Rory McIlroy



Adam Scott





Head Position Stable



Right Knee Resistance



Full Shoulder Rotation

Width & Radius - Speed

The Role of the Hands and Arms – Backswing

- The body dominates the backswing by rotating around the pivot points, the arms follow
- The wrist hinge is later in order to create width and radius
- The arms maintain width from the body
- Body controls arm swing through “connection”



Wide takeaway position No more than 90 deg
wrist hinge

Head & Right Knee
position stable

Typical Modern Strong Backswing



The Key to POWER – “The Squat”



The first move down in the modern golf swing is a “squatting” motion in which a player sits down into the ground applying pressure into the floor and starting a chain of dynamic force

Swing Sequences – “The Squat”



Top players – “The Squat”



Rory Mcilroy

Rory Explains his squatting motion....

Facebook Video -

Extension for full release

With the body weight fully loaded into the left leg and pressure being applied downwards into the ground, a player only needs now to push off the ground to release the stored energy



“The Left Leg Straightens through impact releasing all the built up energy out, and allowing the club to swing outwards”



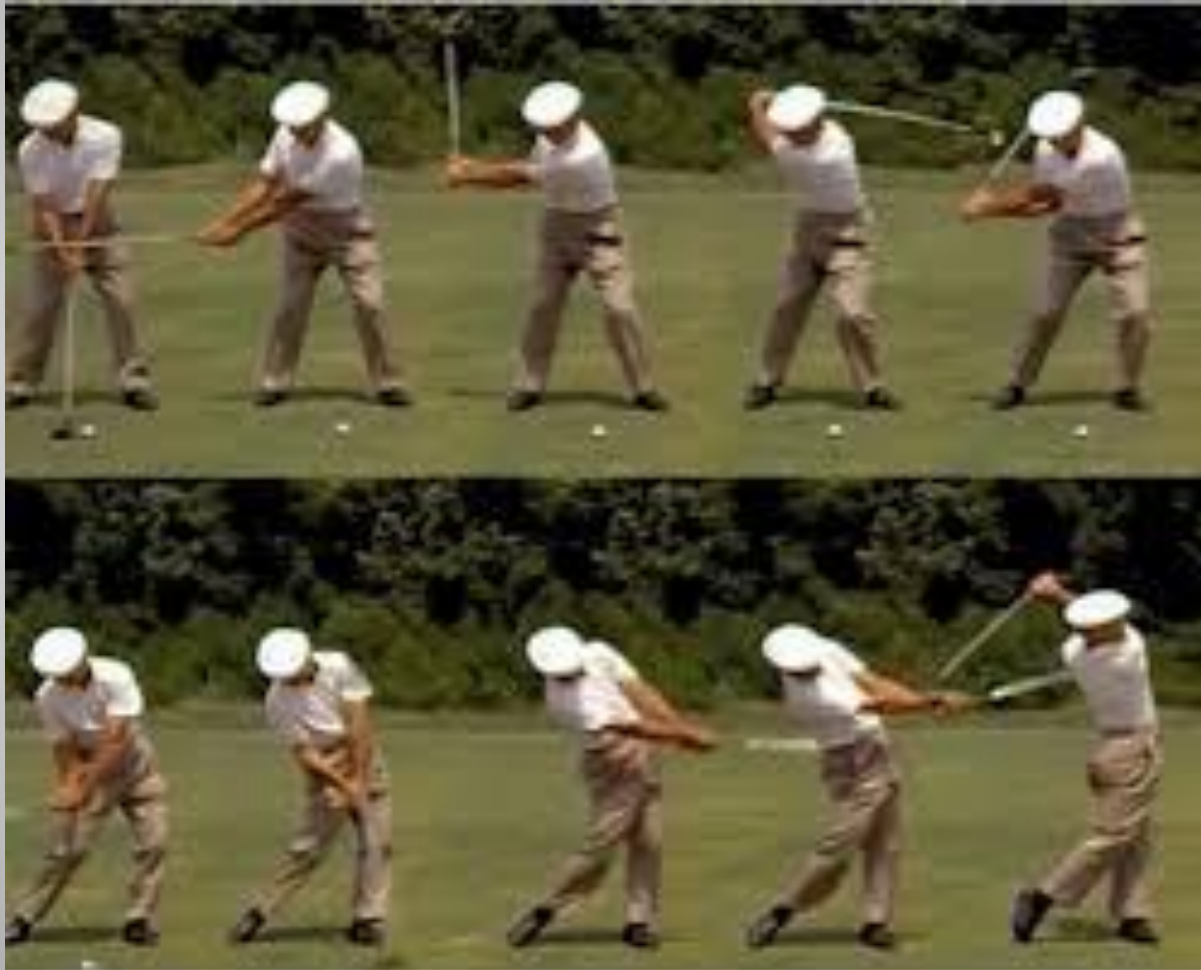
Examples of Left Leg Extension Through Impact





Example Videos

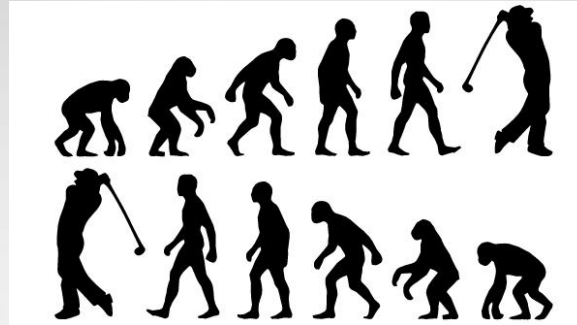
THE OLD – BEN HOGAN



THE NEW – ADAM SCOTT



Conclusion



“The Modern Golf swing is a mixture of dynamic rotational movements around fixed pivot points, together with lateral and vertical ground forces, eventually released through the body in a connected movement, to the club head”

Thank You!

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