



Talking in the 19th Hole

DRIVER. One of the greatest illusions of most golfers is to achieve greater distance. In their eagerness to achieve this, they take classes, buy the best clubs, and a few have a physical training program. The sum of these actions will increase the speed of the club. The club's speed is the speed at which the head of the club travels immediately before impact. At higher speeds, the potential distance is greater.

Although the modern golfer has benefited from technology to achieve greater distance, a key component in getting the ball further is creating clubhead speed. Of course, other elements are crucial such as the sequence of movements in the swing, the club's trajectory, the angle of attack, hitting the sweet spot, etc. Each of these elements adds to achieve greater distance.

It is a fact that all professionals have excellent speed in their swings. Speed is measured in miles per hour. Increasing the speed of the driver's head by one mile can increase the distance from 2.5 to 3 yards.

The averages are as follows:

CLUB	PGA TOUR	LPGA	AMATEUR MAN
DRIVER	113	94	94
IRON 6	93	79	80

Let's look at a selection of exercises to increase the speed of the clubhead:

- Swings with the club inverted. In the address, grasp a club with the right hand from the shaft, directly below the club's head. Do the wide backswing. On the forward swing, whistle as loudly as possible with the club and make the sound come out ahead of the impact area. Do the same exercise with your left hand.



<https://www.youtube.com/watch?v=NgkRt1nD5hI&list=PL72875DC0A2D6A552&index=10>

- Tosses the ball. In the address, hold a ball with your hands and arms outstretched. Do $\frac{3}{4}$ swing. In the forward swing, start with the lower body and then the upper body, throws the ball with force to a

teammate or a wall. Finish to $\frac{3}{4}$ of follow-through. Feel how the large muscles of the body generate greater speed.



<https://www.youtube.com/watch?v=GO22r6mRFPQ>

- Fan club. Do swings with the fan club generating wind through the impact area.



<https://www.youtube.com/watch?v=3EViqHSMRzk>

- Swings with a heavy club. Do swings with a heavy club. Pay attention to the range and pivot on the backswing and the correct sequence on the forward swing.



- 20 swings in a row. Do 20 swings in a row without stopping. Starts from the finish, returns backwards without pausing in the address, moving continuously towards the backswing. Swing forward as fast as possible.



- Use the Somax Power Hip Trainer.



<https://www.youtube.com/watch?v=5s3OXolRARs>

To achieve greater distance, you need to increase the club's speed, in this case, you cannot go to the store to buy more speed or ask a friend for it, one of the ways to achieve this is by doing exercises like the ones we have seen. **FORE.**

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