



Talking in the 19th Hole

WEEKLY TRAINING 5

THE WAGGLE. Some players in their address become so rigid and static that they look like statues. They last so long that it seems that they fell asleep, and cobwebs come out. This paralysis is a consequence of analysis, the result of processing too much information, a confused mind, and technical thoughts. When the player is frozen to the ball, the start of the backswing tends to be snatched and violent, making rhythm its first victim. Going from immobility to full-throttle action causes a great shake.

In address, experienced players are dynamic, while beginners are static. In general, the higher the player's handicap, the longer it takes to shoot.

Teachers agree that stress is devastating and kills the golf swing because it destroys any hope of a smooth swing. The solution to go from address to a smooth and even takeaway is the waggle.

The waggle is a series of small movements of the body and the club before starting the backswing to release tension, relax the muscles, and establish the rhythm of the swing. The waggle is like warming up engines.

In other sports, they make movements similar to the golf waggle: the baseball player preparing to hit shakes the bat while waiting for the launch, the basketball player dribbling and spinning the ball on the shooting line, and the tennis player moving to receive the serve.

The waggle is the bridge between the address and the start of the backswing. It is part of the pre-shot routine. It is good to remember the old Scottish proverb: "as is your waggle, so will be your swing."

Let's look at the most common waggles:

- The waggle takeaway. Move shoulders, arms, hands, and club, simulating the takeaway. It can be with or without a wrist break.



- Milk the club. Accommodate, release, and rearrange the hands on the grip.



- The up and down. Raise and lower the head of the club.



- Wiggle the club. Move the club back and forth with the movement of your hands and wrists.



- Make circles. Make circles with the head of the club.



- The tingling. Pick up and replant the feet.



- Lift and replant the right heel.



- Look at the ball - look at the target. Look at the target and then look at the ball, and so on. Last longer seeing the target.



- Shake your butt. Move your butt from side to side.



- Hover the club. Keep the club floating (without touching the ground) which promotes relaxed arms and hands and prevents you from snatching the club at the beginning of the backswing.



<https://www.youtube.com/watch?v=-otU6f3qT1E&list=PLCF9C512DABB35760&index=12>

<https://www.youtube.com/watch?v=ZKEWJ7tLoM&list=PLCF9C512DABB35760&index=13>

On most waggles, you should have the club hovering, feel the clubhead's weight, and relax your hands, wrists, arms, and shoulders.

Try these waggles and adopt the one that works best for you. The adopted waggle is personal. I recommend that you be consistent in form and time. The way is to do the same movements the same number of times. The waggle must be identical for each shot. The time required is an individual matter, but I recommend that you do it within 8 seconds of taking the address.

More teachers recommend that the waggle be a preview, replica, or rehearsal of the takeaway since this is used to develop a smooth start and correct path. For this reason, they suggest that the movement be more of the shoulders and arms than of the wrists.

THE PUTTING YIPS. Yips are a sensory-motor disorder. The brain stops processing motor skill commands for the given movement, in this case, the golf swing. At some point in the swing, usually through the area of impact, the player has an involuntary reflex, a twitch that manifests itself with a jolt to the hands or another part of the body. This contraction, in many cases has its origin in the anticipation that the player makes of the impact. It is a feeling like going out to look for the shot, with the fear that it will not be found.

Before this, the player has physiological and cognitive manifestations characteristic of choking. The heart begins to beat more, the heart rate increases, the brain starts to accelerate, the pressure with which the grip is taken increases, etc. The yips are at first a physical problem because it is related to the reflexes and movements of the body, but later it is aggravated by the mental component produced by the choking.

Players try to correct the problem by increasing training, but in most cases, it does not work and even worsens. To correct the yips, it is recommended:

- Try not to do the same. You have to do something different. You have to create a new path in the brain to perform this task. It is like making a short circuit to the yip to follow the new wiring immediately.
- Destroy mental adhesions. That means making the brain stop thinking about the same things when executing the shot.
- Find another path in the brain where motor signals can travel.
- Swing being less aware of the shot and the ball.
- Make movements that direct attention to something other than the shot or the yip.

Many players had a time when they were putting with confidence, determination, and daring, but they have trouble maintaining that attitude over the years. While playing, they have missed putts in crucial situations and have accumulated a wealth of heavy burden memories. When they position themselves to put, doubts and indecisions appear in their minds, they lose confidence that the ball will enter the hole. All of this multiplies with pressure.

Negative thoughts overflow his mind, especially on short putts: "everyone knows I don't make these putts", "I know I'm going to miss it," "I can't control the putt," and so on.



The yips are manifested in three moments of the shot:

- When starting the backswing. The player has difficulty initiating the backswing.
- In the transition from backswing to forward swing. At this moment, there is a rapture or a rush to make the shot.
- Through impact. This is the most common. The player has a contraction in the hands and arms that short-circuits the transmission of energy from the turn of the shoulders to the putter. The putter's head generally slows down, goes off path, and the contact is not with the sweet spot. The putter is also slowed down because nerves cause the player to control the putter's head through impact rather than pass and accelerate.

Some solutions:

- A change in grip or putt. You can try alternative grips such as saws, reverse grip, claw, brush, or try different hand and finger positions. The point is to focus on different hand placement.



- Place one or both thumbs contracted (not extended as they normally are) pressing the grip.
- Take the putter shorter and smoother.
- Make the putting stroke accelerating through impact.
- A change in the position of the eyes concerning the ball is to say a change in the alignment of the eyes—for example, the view more on the ball.
- Make the putting stroke looking at the bottom of the grip. As you do so, you see the grip moving in the same position back and forth. By having your mind focused on the grip, the yip disappears.

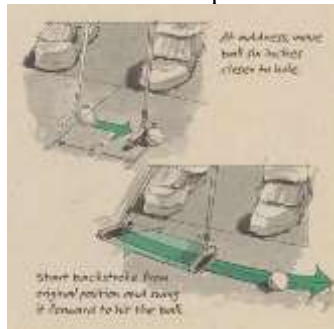


https://www.youtube.com/watch?v=YcwZnPNkMHE&list=PLsYr1uC75ERjH8-VFHAWbtysRO_dK_n2N&index=3

- Make the putting stroke looking at a painted spot on the bottom of the grip.
- Make the putting stroke watching the tee. Place a tee on the butt end of the putter. Make the putting stroke watching the tee.
- Place a coin under or next to the ball. Make the putting stroke watching the coin. Wait like this until the ball drops in the hole.
- Make putts with the toe of the putter or hit the top of the ball.
- Use your left hand more. Right-handed players generally take yips with their right hand, so engaging the left hand more provides relief.
- Swings and hits with closed eyes. Do some swings with your eyes closed. Count a simple 1-2 rhythm. When you feel that you are flowing well, ask a friend to put a ball in the path of the head of the putter.
- Make the putting stroke looking at the hole. By taking the focus off the ball, the mind is kept in another way when making the shot.



- Make the putting stroke with the advanced ball. Place the ball outside of the left foot on the path that the putter should follow in the follow-through. Place the head of the putter, regular, in the center of the body. Do the normal swing. The forward ball will accelerate the putter's head through impact. After the exercise, reapply the feeling in putting with the ball in the normal position.



- Make the putting stroke a different target or nowhere. Since the terrible fear that the yip causes is to miss the hole, you can return to average putting by eliminating it from the equation.

Adopting a waggle and beating the yips will make you a better player. **FORE.**

Note: If you are subscribed to www.handy.golf, you receive the file with all the images of the exercises.

Mateo Melgar Ochoa – Profesional de golf

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