



Attack From The Inside

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A common problem with many golfers is that they become so focused on just hitting the ball that their swing doesn't really swing. Instead, it becomes a chopping motion with their only intent to make some sort of contact with the ball. This is where one of the most pervasive problems in golf gets started — coming over the top.

However, there is an easy drill to help you get the feeling of swinging the club down from the inside. Start with your normal address position, then set the ball on a tee several inches in front of the standard ball position and just slightly farther out. The ball should be just past your left foot. Now take a few swings to get the feel for an inside attack of the ball. This drill will work for both irons and for woods. It is especially good for the driver.

Remember, don't change your setup, even with the longer irons and woods. It will feel as if you are extending through the ball and attacking the ball from the inside. With just a few swings, the common problem of coming over the top will disappear. **GI**