



## Drill For More Solid Shots

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**O**ne of the most common flaws with amateur golfers is inconsistent contact with the ball. They hit one good shot, the next one bad and have no reason why they did either one.

Here is a great drill to help learn the correct impact position and improve your entire swing. First, put a watch on your left wrist (right-handed players). Now take a few slow swings and stop at the impact position. What you need to feel is that the face of the watch is in front of your hand and knuckles (facing the target). This gives the look of a slightly bowed left wrist. This was the secret of golf legend Ben Hogan.

If you have a friend who trusts you, have him hold his hand just in front of the ball. Now, take a few slow swings and hit the back of your friend's hand. You should start to feel how powerful this position is and how hard you can pop your friend's hand.

To finish the drill, make a full, slow swing through the impact position to waist high on the follow-through. The face on your watch should be almost facing the ground. If it's not, you are still not reaching impact with the correct wrist position.

This drill can be done in your office or while hitting balls at the range. In a few swings, a more consistent position will be ready for the course. **GI**