



1) Golf instructor Brendan Doyle demonstrates a powerful backswing. His back is rotated 90-degrees and hip 45 degrees; right knee is braced; scapula is protracted helping the external rotation of the upper right arm and right wrist set. 2) In this photo, the weight transfer and keeping the wrist set creates lag, which will allow the club to whip through the impact zone. 3) Upper right arm external rotation. 4) Scapula protraction.

# Golf Biomechanics 101

A POWERFUL GOLF SWING PRODUCES GREATER DISTANCE

ALL GOLFERS WANT MORE DISTANCE. Golf becomes easier and more fun with longer drives and shorter approach shots. Recent statistics illustrate that success in hitting “green in regulation” (GIR) is the best indicator of low scores (12 GIR = 71 avg.; 8 GIR = 79 avg.; and 4 GIR = 87avg.). This makes sense, because maximizing distance with all clubs is crucial for lower scores when driver-wedge to green equates to more GIR than driver-4 iron.

Understanding what the body does during a powerful swing is mandatory to implementing a training program that will increase swing speed and result in more distance. First and foremost, the fundamentals: The grip is the single most important part of the golf swing and should be learned from an expert. Set-up should focus on the chin up, arms hanging without tension, shoulders over your toes, the shaft of the club pointing

at belt height (insuring correct distance from the ball), bending at hips—not waist—lower back flat, upper back rounded, and butt about six inches behind heels.

## THE BACKSWING

A powerful goal for the backswing is to create torque and properly position the clubface.

- During the takeaway, keep hands low and close to the body as the shoulder turn initiates the swing. Clubhead stays outside the hands while not lifting them up, an indicator that the arms didn't over-activate.
- As the clubhead comes to the toe line, the elbow will begin to fold to 90-degrees and the wrist hinge will occur. Weight will begin to shift 75 percent to the right side with the right knee remaining braced resulting in the lower body load's “load and explode”.

- As torque is created with the legs, the upper body coils for power creating the “rubber band effect”.
- A big stretch through the back and upper torso creates a 90-degree turn with a 45 degree hip turn.
- The left shoulder has driven down and around the chin causing the hands to get higher than the ears creating an extra gear.
- The upper right arm externally rotates, the right wrist sets with the help of the scapula protraction allowing the left arm to stay fairly straight but not hyper-extended creating another lever and hinge, and the rubber band is ready to snap!

## THE DOWNSWING

The main objectives in the downswing are to create as much lag and speed as possible with the clubhead returning squarely.

- To initiate the downswing, there should be a slight weight shift to the front side, rotating the right hip towards the ball with the back still facing the target.
- The head hangs back and the left shoulder gets




PHOTOS: COURTESY OF BRENDAN DOYLE GOLF

separation from the chin.

- Maintaining the angle in the right wrist set through impact is the key to producing lag.
- From the top of the swing the butt end of the club is going directly towards the ball. Once at hip height explode and fully extend arms slightly out to the right. The release happens as the right shoulder crosses the chin, the forearms rotate through causing a high finish with the left palm facing the sky in a balanced finish.

#### EXERCISES TO MAXIMIZE DISTANCE

The weights for exercise should be moderate to heavy.

1. Pulls (rows, band pull-aparts, shoulder rotations with band) for shoulder stability/upper torso mobility to help with external rotation. of upper right arm and scapula protraction/retraction for the “coil”
2. Deadlifts, single leg squats, knee stability/hip, mobility/back stability to help with loading on the right side and hip explosion.
3. Dumbbell presses shoulder stability to help scapula protraction.
4. One knee overhead bar twists for upper torso mobility.
5. Farmers walks, reverse curls, towel exercises for forearm strength to help maintain wrist set and release.
6. Swings with band, medicine ball side throws, tire drill. 



Brendan Doyle Golf is located at Hilldale Golf Club in Hoffman Estates, Links and Tees Golf Dome in Addison, and Elite 7 in Barrington. Doyle has been a golf coach for 10 years. He may be reached at [www.bdoylegolf.com](http://www.bdoylegolf.com), Brendan Doyle Golf on Facebook,

email: [brendan@bdoylegolf.com](mailto:brendan@bdoylegolf.com), or call 847-917-4849. Also look for Brendan Doyle's YouTube video.

# 2015 11th ANNUAL WINE TASTING UNCORK a charitable event Barrington

Friday, July 10<sup>th</sup> — 6 to 10PM

BARRINGTON METRA STATION - TENT PAVILLION

PRESENTED BY BARRINGTON VILLAGE ASSOCIATION



General Admission: \$40 in advance or \$50 day of  
VIP Admission\*: \$90 - online purchase only

#### ADMISSION INCLUDES

- Complimentary tasting of over 50 fine wines
- Complimentary hors d'oeuvres
- Souvenir wine glass
- Passport to guide you through the event
- Discounts on fine wines
- Live entertainment

\*Visit [uncorkbarrington.com](http://uncorkbarrington.com) for VIP Admission details, VIP tickets have limited availability

For more info or to purchase tickets, please visit  
**[uncorkbarrington.com](http://uncorkbarrington.com)**

Tickets also available at these Barrington locations  
Vin Chicago · Heinen's Fine Foods

Must be 21 or over