



Get your swing back in sync

Lost your feel for your swing? This drill will help you find it

This drill is for you if...

- Your swing feels completely out of sync
- You're making contact all over the clubface
- Longer clubs just don't feel right in your hands

How to do it Grip any club as shown. Set the club in front of you with the toe pointing up and

the shaft parallel to the ground and your toe line. Pull in your left bicep close to your chest. Swing the club

back a few inches to build up some momentum and then make a mock forward-swing.



Accelerate by pulling your upper left arm while maintaining the bend in your right wrist. As you do, notice how your lower body responds by turning through to the left. That's perfect synchronization.

Through impact, transfer the connection between your left arm and chest to one between your left triceps and the left side of your torso. This "rolling" connection keeps you on plane.

Brace your left thigh and spine so you can swing around your body instead of simply down the target line. Not only will your swing accelerate, it will speed up on the preferred inside-out plane.

PHOTOGRAPHY BY ANGELUS MURRAY

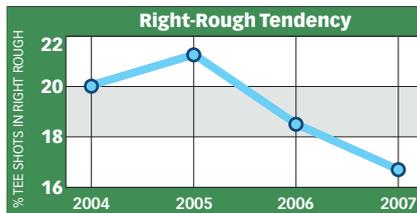
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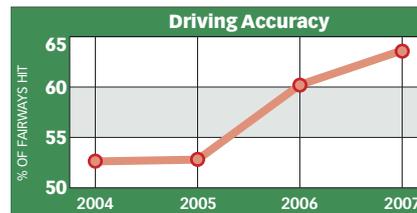
Aaron Baddeley dishes on his newfound panache for hitting fairways



With a win at this year's FBR Open and five other Top 10s through July, Aaron Baddeley has cemented his place among the PGA Tour's top young players. He can point to a steady improvement in his driving accuracy and a precipitous drop in his tendency to find the right rough as keys to his success.



"I used to have the big right ball, but if I miss the fairway now it's not by much. My coaches and I have worked to get my arms down a little bit in my backswing, so I swing more around my body instead of steeply up and down."



"I'm hitting a lot more fairways, I think, because I'm staying a bit more centered at the top of the swing. Growing up I was taught to get on my right foot at the top but you don't really need to. The change has worked so far."

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