



# DRIVE IT LONGER

with Brad Brewer, Brad Brewer Golf Academy at Shingle Creek G.C., Orlando, Fla.



## Stretch and Load for Power

Use the DaVinci drill to improve your golf swing

### THIS STORY IS FOR YOU IF...

- 1 YOU DON'T HIT THE BALL AS LONG AS YOU'D LIKE.
- 2 YOU DON'T KNOW HOW TO COIL AND UNCOIL.

### THE PROBLEM

Your body movement isn't dynamic during your golf swing and it's costing you yards. You don't know how to properly shift your weight in the backswing or downswing and you're not getting the most out of your body's potential energy.

### THE SOLUTION

You need a wide extension from your center of gravity in the backswing so you can fully transfer your body weight to your right side. Once you do this you must get your body coiled and stretching in that direction. Then you need to learn to do the same thing in your downswing.

### TRY THIS: THE DaVINCI DRILL



**STEP 1:** Assume a good set up position and posture. You can do this with or without a club.

**STEP 2:** Rotate your forearms and turn your body so your thumb is pointing up to the sky at weight height. Try to feel that your right arm is fully extended and stretched.

**STEP 3:** Stay in your posture and keep your head down as if you are looking down at a golf ball.

**STEP 4:** Reach over to your right arm with your left arm allowing your body to stretch and coil from inside or your left foot up to your hip and shoulder. Make sure your body weight shifts into your right thigh.

**STEP 5:** Now you should feel that you are fully coiled as you should be in your backswing. This is a lot like the motion a pitcher makes when he's raring back to throw to home plate.

**STEP 6:** Once you get this feeling ingrained do the same thing but in the opposite direction. This will allow you to feel what it's like to shift your center of gravity from

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Watch a video of this lesson and learn more about creating a better weight shift and more power in your swing.