



The secret to longer drives is to save as much energy for impact as possible.

SIT DOWN FOR MORE POWER

USE THIS OLD TRICK TO GAIN SERIOUS YARDS WITH YOUR DRIVER

A weak transition from backswing to downswing saps your potential power off the tee.

THE PROBLEM

Your drives lack distance because you don't know how to effectively transfer power from the top of your swing to the downward part of your motion. Your faulty move releases much of your energy way too early in the downswing, leaving very little left when you actually get to the ball. You need to create—and store—more power as you move down to impact.

THE SOLUTION

Sam Snead was famous for creating effortless power with his driver by squatting down as he moved into impact. Though many of you probably never saw The Slammer hit a shot, you've all no doubt seen Tiger Woods, who uses a very similar move. It's really not much different from pitching a baseball or hitting a serve in tennis, except that in golf the ball is on the ground instead of above your shoulders. Try my simple "power squat" drill and you'll see your power increase in no time.



Make a nice full turn and load up on your right side...



...then move your rear end in a counterclockwise direction as you squat with your knees.



LAIRD SMALL
Pebble Beach Golf Academy,
Pebble Beach, Calif.
(Top 100 since 1996)

STEP 1

Set a bench or chair behind your left cheek and make your everyday swing. At the top, make sure both knees are flexed (especially the right) and that your hips are well closed to the target line. This is the coil or load you need to store up potential energy.

STEP 2

As you move down into the delivery position, bend both knees even more and, as you rotate your lower body toward the target, feel like you're sitting down on the bench or chair behind you. Do it right and you'll feel a lot more spring as you swing into impact.



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