

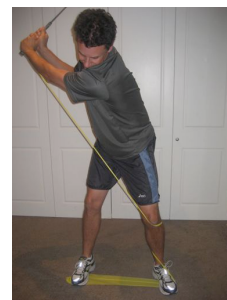
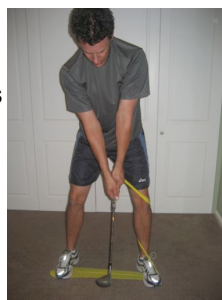
Chapter 7 - GOLF SPECIFIC MOVEMENT PATTERNS

The following exercises are designed to replicate the postures and movement patterns of the golf swing. These exercises are excellent ways to integrate the strength, control and flexibility obtained in the previous exercises into functional movement patterns.

These exercises are best done in close communication with the golfer's coach, as they can be used to help correct specific technical flaws. Some of these exercises target specific swing flaws, and can be a significant component of technical change if used correctly.

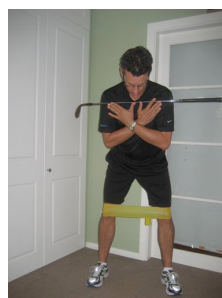
1. Backswing Width Drill

- The golfer stands with resistance band under each foot and wrapped around their lead knee.
- The golfer wraps the band around the grip of a club and stands in golf posture
- Keeping the left knee strong pushing into the band, the golfer turns into their backswing, stretching the band
- This is a great drill to promote a strong knee position and turn into the backswing



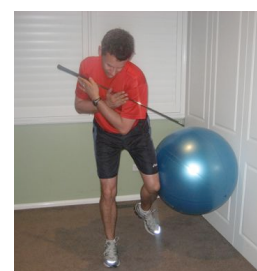
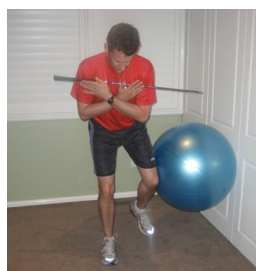
2. Golf Posture Resistance Band Backswing Drill

- The golfer stands in golf posture with band around their knees, a club across their shoulders
- The golfer maintains the tension in the band as they rotate into their backswing
- This is a great drill to build a strong leg position in the backswing



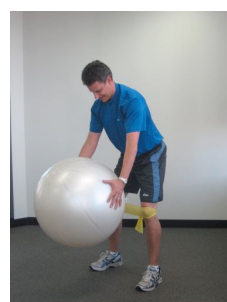
3. Single Leg Swiss Ball Golf Posture Drill

- The golfer stands in golf posture on 1 leg, the other leg bent to 90° at the knee, holding a swiss ball against a wall.
- The golfer holds a golf club across their chest, aligned with their shoulders
- The golfer continues to maintain the pressure on the ball as they rotate their body side-to-side
- This drill is an excellent way to build stability in the hips during the swing.



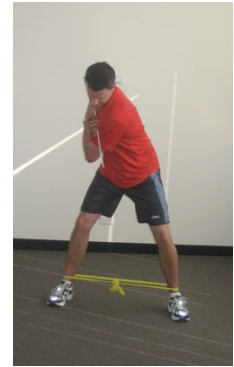
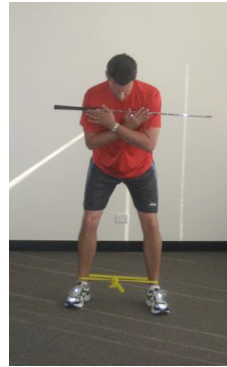
4. Swiss Ball Backswing Drill

- The golfer stands in golf posture with resistance band around their knees, holding a swiss ball
- The golfer reaches as far as possible to the side of their backswing, maintaining posture and tension in the band
- This is a great drill to build a strong leg action as well as width on the backswing.



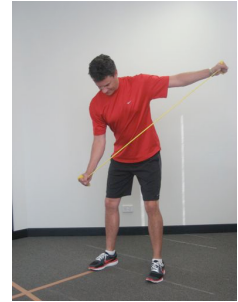
5. Step and Turn

- The golfer stands in golf posture with resistance band around their feet, a golf club across their shoulders.
- The golfer steps in one direction as they rotate their body in the opposite direction to the left, continuing for 5 steps.
- The golfer then repeats 5 steps in the other direction
- This is a great drill to build lateral hip and leg strength, separation between the upper and lower body and correct loading patterns through the lower body.



6. Golf Posture Horizontal Extension

- The golfer stands in golf posture holding resistance band with arms out straight
- The golfer maintains their golf posture as pull the band to the side, taking their arm behind them.
- This drill helps to develop upper back strength to improve posture.



7. Golf Posture Upper Body Rotation with Resistance Band

- The golfer stands in golf posture, holding band with elbows by their side and elbows bent 90°
- The golfer pulls the band apart to create tension in the band, the golfer should feel the muscles of the shoulder blades engaged.
- The golfer maintains the tension in the band as they rotate their upper body side-to-side
- This is a great drill to develop connection between the arms and the upper body.

