

LOW POINT CONTROL



CONTROLLING THE LOW POINT OF THE SWING IS VERY IMPORTANT AND SHOULD BE TAUGHT TO PLAYERS EARLY ON IN THEIR CAREERS. SIMPLY PUT PLAYERS MUST LEARN TO STRIKE THE BALL FIRST AND THE TURF NEXT. UNFORTUNATELY, IN MANY CASES PLAYERS ARE MORE FOCUSED ON GETTING THE BALL AIRBORNE AND HAVE THEIR WEIGHT ON THEIR BACK FOOT AND THE HANDS BEHIND THE BALL THROUGH IMPACT.

Drawing a line on the turf is a great drill for players to use to understand how it improves where their club strikes the ground. The divot should always start ahead of the ball and the line serves as a good reference point.



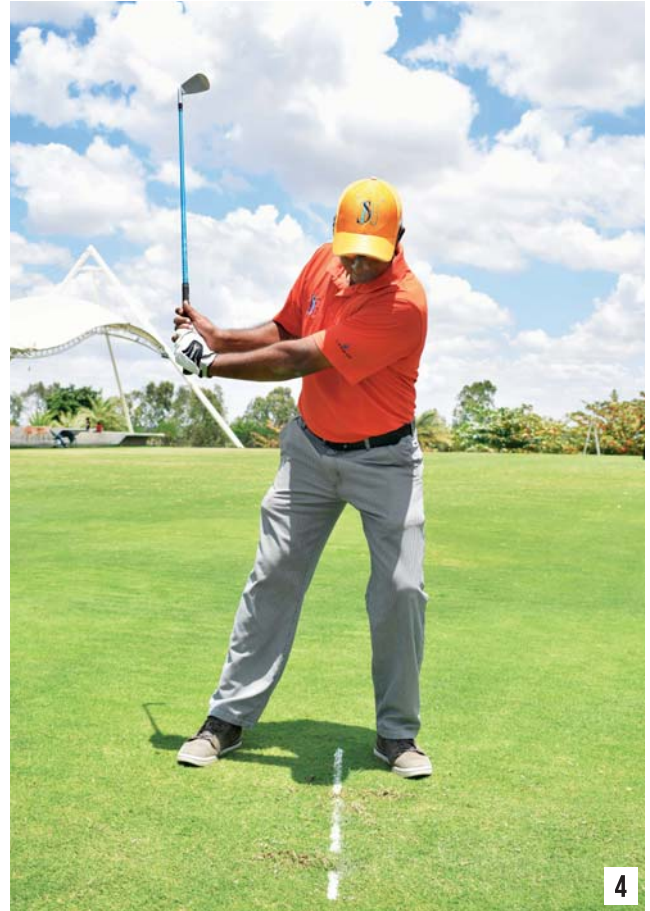
Tarun Sardesai is the Director of Instruction at the Tarun Sardesai Golf Academy, India's only residential golf academy with education. He specializes in Elite Player Development and has trained golfers like Aditi Ashok, Sharmila Nicollet and is currently training Viraj Madappa who recently became the youngest Indian winner of an Asian tour event at the 2018 Take Solutions Masters.



The below picture is an exaggerated impact position but good to practice.



3



4



5

One of the key factors that will influence this is the handle position and the weight distribution at impact. The handle should lead the club head and the weight should be favoring the left side through impact. This creates good impact alignments.

You can use the line dynamically with drills with or without a ball. Try and make sure that your divot starts ahead of the line. Make sure that you start from a static position with the weight already set on the left side a bit.

As you can see in the first picture I am maintaining most of my weight on the left side as I complete the backswing. The result is a strike with the low point ahead of the ball.

Conclusion: Practice this for a couple of hours a week at least and you will see amazing improvement with the quality of the ball strike. [GPI](#)