

## "Wall Drill"



### **Golf Drill:**

If you are looking to work and keep your golf game in tip top shape during these times of "Social Distancing" here is a simple drill and an exercise that you can practice indoors without any problems. This drill is one of my favorite drills to work on when I'm sitting around at home with nothing to do and golf pops up in my mind! It is called the "Wall Drill", now this drill will help with **Correct Shoulder Rotation and Eliminating Incorrect Arm Lift** in the golf swing.

### **Drill Description:**

All you need is a club and a wall! Set up to the wall about a hands width away and begin the drill. If you hit the wall, that means you have an incorrect arm lift. The more you do this simple drill, the more you can make successful backswings and downswings. Practicing this drill will put you on the fast track to improving your shoulder rotation and getting rid of that incorrect arm lift at the beginning the golf swing.



### **Golf Exercise:**

A great but also simple golf fitness exercise to do to keep those hips nice and loose are **Hip Crossovers**. Hip Crossovers help with stretching the tendons in the hips and lower back, these two body parts are crucial in the golf swing, this is where essential power comes from in the swing. This exercise helps lessen the stress that is put on your hips and lower back during the golf swing to allow for more longevity.



**Exercise Description:**

Lie on your back with your arms and shoulders touching the ground at all times. Make sure your knees are bent and shoulder width apart, heels on the ground but toes pointing straight up. Now twist your bent legs to the left until they reach the ground, hold for 30 seconds, then twist them to the right. Continue alternating sides while keeping your shoulders on the ground and your abs tight.

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