



## 2 BUILD BETTER ARM-BODY CONNECTION

Disconnection between the arms and body – the arms usually racing ahead – also affects wedge control. Tie them together like this.

### ARM PROP

Address the ball with your trail hand only. Tuck your gloved hand under the back of your trail arm, just above the elbow.

### SHORT ARM TRAVEL

Make your backswing, feeling how your gloved hand stops your trail arm moving behind your upper body. With the arm more in front of your chest, your arm and body motion remains co-ordinated so you control the clubface.



### BETTER, TOGETHER

Hit balls with this one-arm drill but don't worry where they go – simply focus on feeling your arm and body move together. When the feeling gets ingrained, grip normally and swing with that 'unity' feeling.