

Lesson #9

THE FOLLOW THROUGH

We have ascertained that making accurate impact is simply uncoiling the spring that our professional taught us to correctly wind, we are just about one-third through our first semester on the use of the wood clubs. The other two-thirds is remembering always that for real distance and accuracy we must always follow-through.

The follow-through is a part of that same uncoiling because our weight shifts to the left leg; our left hip moves still farther around - out of the way; our right arm straightens out as our left one did on the backswing; and our head comes up gradually. Here again there hasn't been one single abrupt movement. We have actually coiled the spring in reverse. The momentum caused by the uncoiling of our backswing has created this additional motion, and we have had to make absolutely no conscious effort. All we've got to do is let the action take its course. As we hit the ball we should make a conscientious effort to let our weight shift over to our left side; the momentum alone will give us a fine follow-through and result in greater accuracy and distance.

When I say, "let our weight shift", I don't mean to sway or jerk. Just hit the ball with your hands and let the spring uncoil itself.