Country Club Elite T-turf
Finally, A Golf Practice Mat that lets you swing down and through the ball for realistic practice.
The "Slammer" in gear. When he puts his marvelous co-ordination into a shot, you sense the unleashed power that is symbolic of Sam Snead.
SAM SNEAD

SWINGING FOR DISTANCE

Learn how to get distance into your own drives from the game's most famous long hitter. His basic secret: timing—the co-ordination of all actions

It is an odd fact, but true, that no two golfers swing alike. This is remarkable, considering the number of fine professionals and amateurs. Yet all good golfers, through experience and practice, have developed timing suited to the movements of their individual swing. Timing is the co-ordination of all actions into one continuous, easy, flowing movement. This is the secret of the long, accurate hitter.

To develop timing, avoid tension and relax. The tighter the tension, the simpler it is to forget golf's fundamentals on which timing and the rhythm of the swing depend.

A baseball pitcher cannot show his usual speed and control in throwing if he jerks his arm back quickly. Whenever possible, he takes a slow, easy windup, and then puts his full power into the throw. Neither can the golfer control the club by quickly raising and lowering the club head. He must
The Canada Cup team of Snead and Demaret made a great hit with Japanese in

start slowly and gradually accelerate in the downswing so that the club head is traveling its fastest at impact.

When your timing is off, slow down the backstroke. Arrest the action at the start of the swing by pushing the club back slowly with the left hand. Do not pick it up in a hurry, tossing it over your shoulder.

Wait for the backswing to be completed before starting the club down, and avoid rushing the right shoulder around before the club head has reached the hitting area. Lead the club down with the left hand and arm so that the head will be brought around on an inside arc.

Turning the body too quickly in the downswing can only result in a badly timed shot. This is called hitting too soon. Eagerness to hit hard is the common fault of the ordinary player. The experts delay the complete turn of the body toward the hole to allow the hands and arms to come through.
Better control and distance will be obtained if the player will keep his body out of the swing until he wants the final punch, co-ordinating with the wrists, arms and hands. However, don't be misled into thinking that the body stays out of the shot entirely. Good timing necessitates the natural turn of the body on both the backswing and the downswing.

**backswing**

Pay particular attention to the backswing. This highly important item will not take care of itself, as so many mediocre golfers think. It would be to their advantage to concentrate on executing a good backswing, and let the downswing take care of itself. If the backswing is not properly performed, there can be little hope for a successful downswing.
Snead plays heavy "chunk" (chop) shot from a buried lie in deep sand. Note how firmly Snead's heels are planted in the sand. There's no need for a follow-through with this type of uphill lie. Shot was played with wide-open club face.

Get set mentally before starting any motion. Think in terms of smoothness; exclude any desire to rush and hurry. Remember—you can, and should, spend twice as much time on the backswing as on the downswing.

After mental assurance is gained, think of starting the club back with a push from the left side through the left hand and arm as the body turns. The club will be the last thing to move and will be dragged away from the ball, lagging behind the hands. This start will help toward a correct pivot. Allow the right hip to turn so that it will not block the hands and arms. The hips and shoulders should turn until your back is presented to the hole.

Guard against breaking the wrists too quickly, for this will hinder the success of the pivot and the top of the swing will be reached before the pivot is completed. Let the wrists be cocked when the upper part of the backswing is reached. If you will start the club back low and close to the ground, breaking the wrists too soon will be avoided.

**action of hands and arms**

The left hand is responsible for maintaining the correct position of the club head throughout the swing. Therefore, a secure grip must be maintained at all times. But golf is not just a left-handed game. The right also should
Snead fires out of woods on first hole at Augusta Masters in '57. When playing any bad lie, especially from rough, never loosen your grip. Here's firmness, plus!
SWINGING FOR DISTANCE

Here, huge George Bayer, golf's biggest hitter, practices with wood. Note position of ball in relation to his left foot.

2 Bayer conies over to left side as downswing starts. Notice tucked-in right elbow, planted left foot to hit against. Bayer's base is solid.

have a reasonably secure hold on the club, for it plays its part in the downswing when it whips the club through the hitting region.

The right hand must not be allowed to overpower the left. An overpowering right hand turns the club face out of position and often cuts across the line of flight. Let the left hand and arm dominate backswing and downswing.

Do not grip too fiercely. The grip must be firm, but when the fingers grip too tightly, tension may spread to all parts of the body. Tight fingers cause the muscles of the arms to tense. This is bound to result in a jerky swing.

To loosen the muscles of the hands and forearms, a waggle is recommended. A practice swing is also a good way to get properly set for the swing.

Instructors advise their pupils to start the downswing slowly. The reason for this is to guard against swinging the arms too swiftly toward the objective. Such action causes you to force or press. When you begin to press, the arms are traveling so fast the body cannot keep pace. Thus the stroke is made with
See how he stays down to the ball, with clamped left heel allowing him to smash it. Here, Bayer's huge wrists are beginning to uncock.

Bombs away! With shot on its flight, Bayer's head remains fixed, but now it is beginning to turn as right shoulder continues through.

The pivot

The pivot is probably the least understood of all golf actions. It is not just the twisting of the waist; neither is it the action of dropping the left shoulder toward the ball, as the duffer does.

Pivoting is the swinging of the club to the top of the backswing in a wide arc, with the left foot, knee, hip and shoulder turning toward the right.

It is through this turning of the hips and shoulders that some golfers outdrive others who have more strength and weight.

Harry Vardon once said: "Golfers find it a very trying matter to turn at the waist, more particularly if they have a lot of waist to turn. But they must
Wrist turn gives ball a slight right-to-left arc.

Despite Bayer's size (6-5, 240 lb.), his powerful body finishes the shot in perfect vertical alignment, with his belt buckle directly facing the target.

A turn of the body is necessary because there is no other way to get into position to hit the ball with power and force, yet with ease and rhythm. The pivot places the body behind the swing and gives freedom to the hands, wrists, and arms to do their part of the job. The turn of the body should be natural and comfortable, letting the hands swing fairly close to the body.

When the left shoulder drops and the golfer fails to complete the prior pivot, the right shoulder is swung too low in the downswing and the club head hits the ground. This fault can be traced to failure to shift the weight to the right leg in the backswing.

The pivot isn't an artificial action; it is a natural turn of the body. Without holding a club, stand upright and turn the shoulders and hips from left to right and back again. This is simply the pivot action. Notice that in order to
get the shoulders at right angles to the starting position, the left knee bends, and the left heel leaves the ground.

**wrists at top of swing**

Power in the wrists puts power in your swing, and cocking them in the backswing imparts speed and power in the downswing when they are uncocked. If the wrists are not cocked at the top of the swing, the golfer must depend on his body for speed and power, and exert tremendous effort to get only a portion of the efficiency attainable in the swing.

Wrists are the hinges of the golf swing, connecting the hands and club with the arms and body. They must work with freedom and ease. Avoid a viselike grip; a firm but easy one frees the wrists of tension. If the wrists lack freedom and ease, you will find yourself trying to make up the loss of power by quickly lunging at the ball in the downswing.

To achieve distance off the tee, it is imperative that the wrists be cocked and in the correct position at the top of the swing. Here there should be a distinct bend in the left wrist, so that the hand points inward toward the right shoulder, with the right wrist almost vertical under the shaft.

You might check to see that wrinkles are formed just below the thumb and index finger of the left hand. The grip is faulty if the wrinkles do not appear. The hands have been placed too far under the shaft in gripping at address.

With this imperfection it is impossible to derive maximum power from the wrists, for the hit will be nothing but a backhanded slap by the left wrist. More power is secured by hitting sideways—another reason why the left hand should be turned more over the shaft than under.

**the hitting region**

The hitting region is that part of the swing, just before impact, where the uncooking of the wrists takes place, adding speed to the club head. Through this part of the swing the club head travels at its maximum speed.

Many golfers uncock their wrists too soon in the downswing, spending punch and power long before the club is in position to hit. When this happens, you can be sure the right hand has assumed control at the start of the downswing. The wrists should stay cocked until the hands have dropped below the waist and should not begin to unwind until the club is parallel to the ground.

At the start of the hitting region, the right arm has just started its straightening action, but the elbow is still bent and hugging the right side. It might be said that through the hitting region, and not before, is where the right hand comes into the stroke, whipping the club head through.

If the wrists uncoil too soon, power is lost; if they are late in whipping the
In hitting long irons, most golfers can control shot better by choking grip, but Bayer's strength makes this unnecessary.

Here is where the "hit" starts! At bottom of his swing, Bayer's hands are uncocking into the ball. Note straight left arm at impact.

The slight roll to outside on the left foot stabilizes Bayer's great weight and adds momentum as club head continues through the shot.

This is good footwork. Bayer's entire body is in proper balance. There is no sign of body sway or "collapse".

Club head through, the face of the club will hit the ball at an angle which is bound to result in a pushed shot.

**impact**

At impact, the position of the hands and arms should be similar to that at address. The left arm should be firm, guiding the club and maintaining the radius of the swing. The left hand has been in control of the swing up until now, but just before impact and thereafter, the right takes over, hitting against the left as the club head nears the ball. This snap of the wrists accelerates the speed of the club head, adding yardage to the drive.
Here is a fine picture of the proper finish to a long iron shot. This goes for all woods and irons, except that on the shorter irons the complete follow-through is less pronounced.

The correct swing has the shoulders about parallel to the line of flight, with the right shoulder under the left.

Guard against getting the right side around too quickly, for body action will be wasted and the club head will be drawn across the ball. Beware, also, of putting your body action into the swing too late. The hips should be thrust forward and the left leg straightened to brace the body as the arms swing the club head down against the ball. At this particular stage of the swing both arms are straight, as the wrists and forearms do their part in speeding the club head through.

The left arm must not be allowed to collapse against the left side, for in a bent position it cannot possibly swing the club out along the line of flight.
Jimmy Demaret practicing his short game with his trusty No. 7 iron. Practice—inelligent practice—is a vital ingredient of any low-scoring game.
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