

Training Thought:

Relationship between Balance and Tempo during the Golf Swing

Concepts:

1. Distance of ball flight is a combination of clubhead speed *and* centered contact on the club face.
2. Power results from turning the body over a fairly stable base of support
 - Cleats and golf shoe design helps professional golfers achieve a good stability
 - “building the golf swing from the ground-UP”
3. Studies performed with the **Dynamic Balance System-DBS** have shown that good golfers utilize a repeatable body “Tempo” during the downswing with each club in the bag
 - “tempo” is defined as the transition time for the movement of the golfer’s Center-of-Gravity from the furthest position to the right (in a right-handed golfer) to ball contact
4. When asked about their *perceived* tempo, PGA Tour Professionals have said that, on average, they swing at “75-80%” of their maximum speed.
 - *And*, they recognize that at faster motions they have a tendency to lose consistency and “pull themselves out of balance.”
5. Studies utilizing the **Dynamic Balance System-DBS** have shown that higher handicap golfers swing with inconsistent tempo and poorly controlled body motions.
6. Golfers know that “Balance is crucial” for a repetitive, efficient golf swing.
 - A balanced swing minimizes the need for compensations which are “power leaks.”
 - Balanced motion over a fairly stable base of support is the result of:
 1. Instruction and understanding of proper swing concepts
 2. Adequate flexibility, strength and coordination to achieve the desired motion with each club
 3. Learning the “feel” of your individual swing tempo

Use the “Balance Zone” Training System to help identify and integrate the “feel” of a repetitive swing tempo while maintaining control your body motion over the balance zone.

- Step 1: Stand on the Balance Zone Training Board, as described in the instructions, to help ‘feel’ stability during address and movement over the “Balance Zone.”
➤ sense that your cleats stay in the ground through most of the swing
- Step 2: Start with a slow swing speed and increase gradually
➤ *learn* the feel of a swing tempo that lets you stay in balance from address to finish with each club in the bag.
- Step 3: *Learn* to trust that this tempo will give better repeatability
- Step 4: Practice and play at this tempo-it will feel like a slower swing but the results will be impressive!
➤ Your swing speed will increase with training and golf-specific fitness exercises.

Manufactured by:



Sports Balance Technology

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