

Big Oak Golf Academy

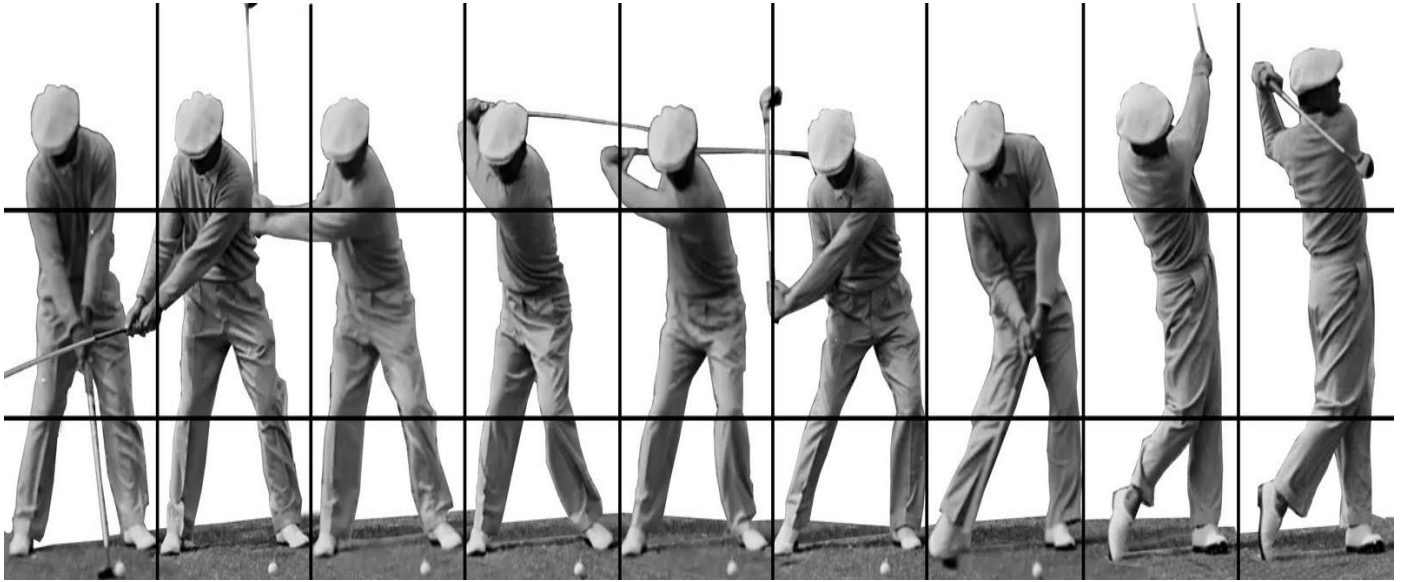
Double Pump Drill

The down swing should be created by the lead shoulder and the back knee. This will help you learn about lag and shaft load. The **Double Pump Drill** is a very effective way to learn about this part of the swing.

Once you are at the top of your back swing at the “thumb under” position, you are ready to start your down swing. Pretend there is a rod connected to your lead shoulder and the other end of the rod is connected to your back knee. As you move your lead shoulder in rotation back up from where it came from, the back knee should move towards the forward knee at the same time. Stop your down swing at the position where you have 90% of your weight on your forward foot, your back heel is mostly off the ground. The angle between your lead arm and the shaft of the golf club should be 90 degrees or less, and the shaft and/or grip end should be pointing at the golf ball or behind it, but not in front of the golf ball. From there, make another shoulder turn to the top of your back swing, “thumb under”, and repeat the same pumping action and stop at the same position as previously instructed. Make a final shoulder turn to the top of the back swing “thumb under” position. This time try to achieve the same position in the down swing as before, but finish the swing and hit the golf ball. Keep a smooth tempo, like a waltz, throughout the entire effort. This is designed to teach the proper order of movement. It is not a distance drill, 50 yards is fine.

Ben Hogan

Right Handed Swing



Ben Hogan

Left Handed Swing

