



Janine Young

GET FIT

Do You REALLY Want to Hit the Ball Farther?

Let's talk POWER. Without any shadow of a doubt we can all agree that Tiger Woods is one **powerful** guy, and I am not talking about the money he demands in sponsorship opportunities or the fact that his youth, ethnicity, and ability to win every tournament he plays has him atop the most influential people and the ESPY's Best Male Athlete lists. I am talking about the way he absolutely rips through 6 inches of fescue to knock it to 2 feet under the unbelievable pressure of a major championship, without batting an eye. That takes **POWER!**

The ability to generate power in the body and the golf swing is a function of mobility, stability, strength and speed. We must train all these systems together to produce a **powerful** golf swing.

Mobility is our ability to create motion about a joint. This is not the same as flexibility, as just stretching will not necessarily create increases in mobility. However, when muscles become inflexible, we lose mobility and become dysfunctional in our movement patterns, this can lead to injury and pain. If we do not maintain flexibility as we train, our ability to transfer energy from each of our body segments to the next becomes limited and though we may be stronger, we will not increase swing speed. Working at improving tissue quality through self-myofascial release, including the use of Foam Rolling and Spikeyballs is a great start to increasing mobility. This can be life changing for both the young related to recovery training, keeping the body able to perform at the highest level under the conditions of intense competition and those of us who have a few more years behind us as well.

Stability in the foot, knee, lumbar spine, shoulder and wrist joints create the foundation for a mechanically sound and powerful golf swing (as well as pretty much any athletic movement pattern). Balance in movement is intrinsically related to stability in those same joints.

Muscular Strength is "the maximum amount of force a muscle can produce in a single movement." We need adequate strength to both stabilize joints and move limbs, which has been proven to increase clubhead speed. However, this is only the foundation, we must train proper movement patterns and mobility in order to create rotational speed and acceleration.

As we get closer to the age of 50, our muscle mass and power potential decreases by 1-2% and 3-5%, respectively, per year. This is due to a decrease in the tension within muscle fibers as well as loss in contractile speed. The brain's ability to send signals to fire the muscles can also slow or become delayed slowing the body's ability to move. These can all be improved if we address our limitations and weaknesses with a training program based on assessments uncovering our potential faults. And as my friend and world famous strength and conditioning coach Mike Boyle says, "Just remember, mobility is usually lost in the right areas and gained in the wrong areas. If the hips can't move, the lumbar spine will. If the shoulders can't turn, the lumbar spine will. The lumbar spine is our weak link. We need to work on lumbar spine stability and mobility in the hips and thoracic spine.

Below are some examples of exercises we use to help our players generate more Rotational power in their golf swings. Be advised that these are advanced exercises and should be done with assistance of a trained golf fitness professional. We recommend Juniors and Women start with a 2 Kilogram Medicine Ball, and Men use no more than a 4 kg Medicine Ball. Remember proper form is paramount to improving performance, especially with power training. Power without balance and/or stability cannot only lead to inefficient sequence training but can also lead to injury:

Foam Roller for Glutes – A very efficient way to attack limitations in **mobility** and tissue quality affecting the golf swing. Using your hands to support your body weight, sit on top on a foam roller with good posture. Roll back and forth over the glute area, concentrating on "hot spots" and tight areas.

Side Bounce Twist - A great exercise to help develop **strength** in your oblique abdominals and increase the separation between your upper and lower body. Sitting tall with your legs extended and in a V position, bounce medicine ball on each side of your body. Make sure you rotate your torso with each bounce and keep your core braced, posture tall and legs extended throughout the exercise.

Torso Turns Foam Roller - This exercise helps develop better **balance** or **proprioception** in your golf swing, creating more **stability** your lower body. Start by standing on one leg and getting into a stable golf posture. Lift your left leg and hold foam roller with arms extended. Trying to keep your lower body stable, begin to rotate your trunk and the roller back and forth and try to maintain balance. Repeat on the left leg.

One of the best "Golf Power Training Tools" on the market today, and one we use in individual training as well as clinics and group training, is The **Speedball Training system**, developed by John Novosel Jr. and Sr. The Speedball consists of a striking golf club, with a round Velcro stripped head, and a target that will stick to the Velcro head, assuming you square the "face" of the Speedball striking club. Two very important things related to **POWER** that are developed using the Speedball system are centeredness/squareness of clubface and speed! The target provides resistance at impact (but not so much to change the swing plane or pattern—think Impact Bag, where you never finish your swing) which translates to speed development.

Step Drill - This exercise helps develop the proper sequence during the downswing, essential to producing **power** and **speed**, by forcing your lower body to lead the golf swing.

Grab your Speedball or golf club and get into a golfing posture. Place both feet together and start the club point towards the target. Begin by stepping towards the target as you take a backswing. It is extremely important to sequence this movement correctly, step forward and backswing together! Then rapidly change directions with the club and make a full forward swing around a stable posted left side. Try to maintain a good stable core throughout the exercise.

If you are REALLY interested in **HITTING THE BALL FARTHER**, contact us at 913-226-7092 to reserve a spot in the Elite Golf and Fitness/Tour Tempo **GOLF POWER CLINIC** with John Novosel Jr., TPI-Level 2 Golf Biomechanist and Level 2 CGP, Long Drive Champion, and Power Coach.

OCTOBER 12, 2009

5:30 – 7:30 p.m.

At our new home 'inside' Will Shield's 68 **INSIDE SPORTS** Training Center
11303 W. 88th Street, Overland Park, KS.

Or if you would like more information regarding our Titleist Performance Institute Programs and Golf Performance Training for ALL AGES visit our website at www.elitegolfnfitness.com



Foam Roller for Glutes 1



Foam Roller for Glutes 2



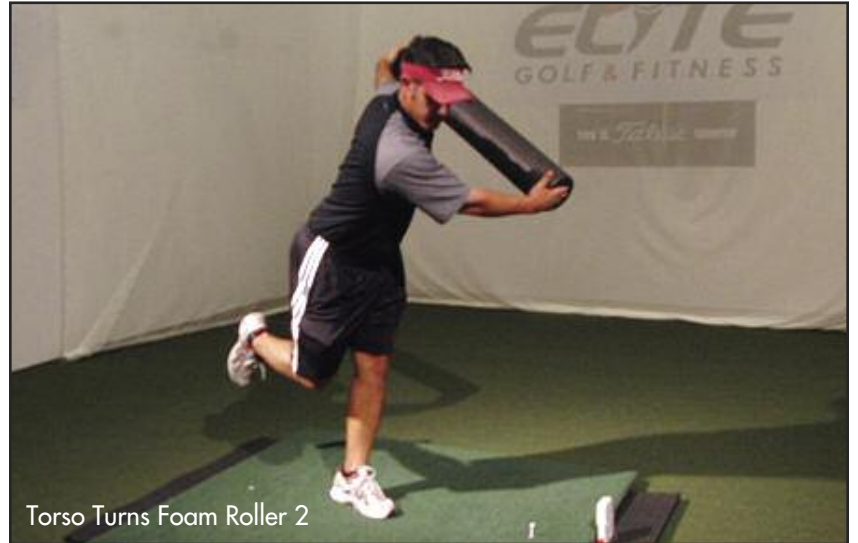
Side Bounce Twist 1



Side Bounce Twist 2



Torso Turns Foam Roller 1



Torso Turns Foam Roller 2



Step Drill 1



Step Drill 2



Step Drill 3