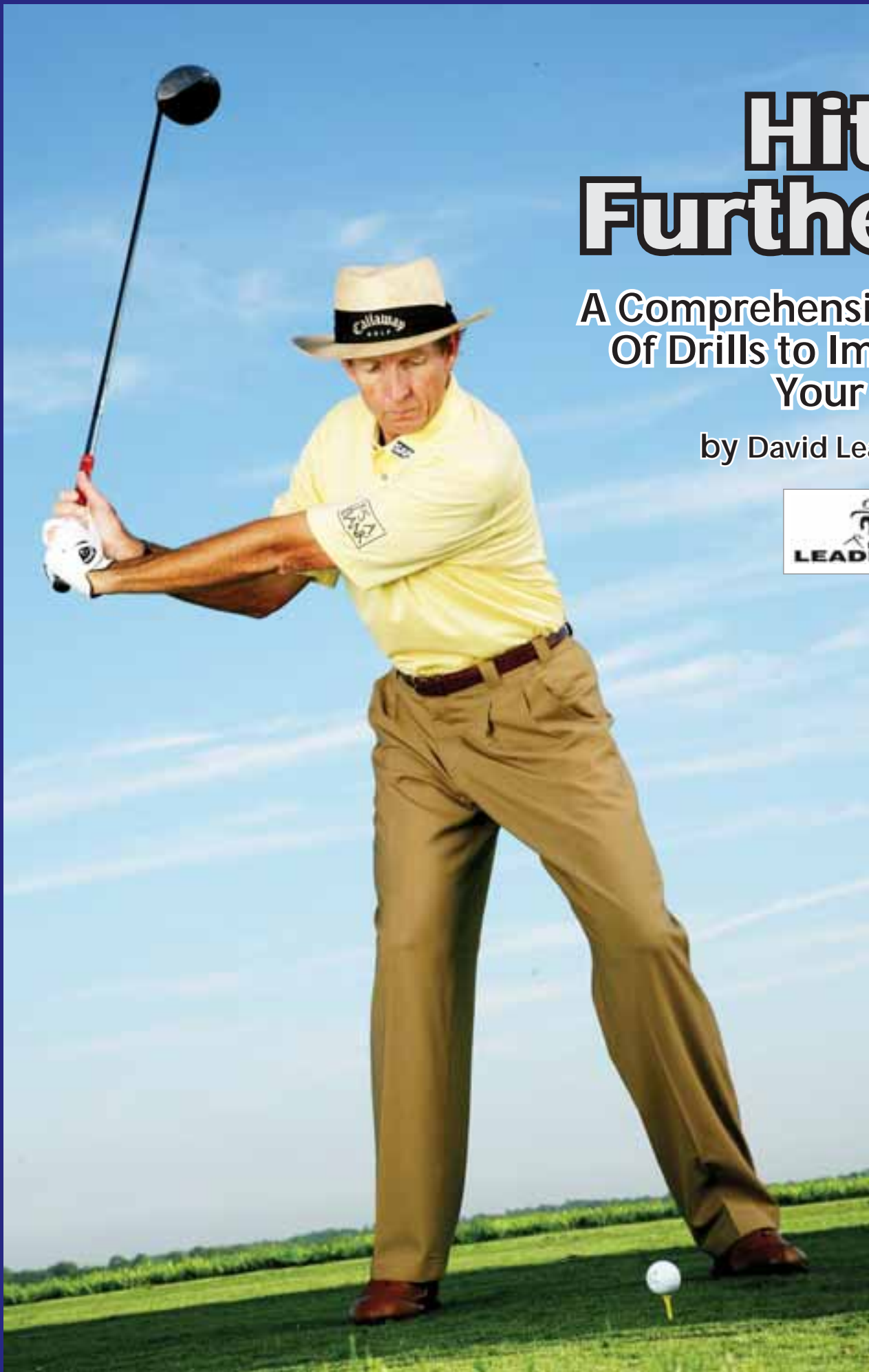


# Hit It Further!

A Comprehensive Set  
Of Drills to Improve  
Your Game

by David Leadbetter



The World's #1 Golf Instructor and Coach to countless PGA Tour, European PGA Tour, LPGA Tour and Champions Tour players is known throughout the world for his innovative and creative teaching techniques.

Over the past 30 years, his players have amassed over a dozen Major Championship titles and over 100 individual worldwide tournament victories. David's coaching has spanned three decades and he has often been recognized as the "man who invented the golf instruction industry".

There are currently 30 David Leadbetter Golf Academies strategically located around the world in 13 countries.

David Leadbetter is the author of seven books that have sold over two million copies, has written and produced more than a dozen DVD's and is the designer of several golf training aids that have sold well over a million units worldwide.

An Honorary Member and Professional Golfers' Association Master Professional, Golf Channel Instruction Editor and Golf Digest Teaching Professional, David's clientele includes 4 players who have held 1st place in the Official World Golf Ranking... along with many more of the world's very best golfers.

David Leadbetter is known around the world as the "master of the art of teaching the golf swing."

David's unmatched experience and keen sense for utilizing emerging technologies to evolve his time tested teaching methods and game improvement products and services assures that David Leadbetter Enterprises and David Leadbetter Golf Academies will continue to play a major role in the growth of the modern day golf industry.



- Originally from Worthing in Sussex, England, David began his career in golf on the European and South African Tours.
- Soon after David retired from playing, he began to incorporate his methods and philosophies into a stringent holistic training program for qualified instructors, which is unequalled today.
- In 1983, the first David Leadbetter Golf Academy was established and the world's view of golf instruction would be changed forever.
- There are currently 30 David Leadbetter Golf Academies in 13 countries.
- Through the years, David has coached many of the world's greatest touring professionals.
- Selected by his peers and identified by Golf Digest as the number one golf instructor in the world.
- No other golf instructor has had a bigger impact on the game.



## Pivot For Power

Here's a great drill that I've always prescribed for both amateur and Tour players to help generate additional power. Start by placing a club behind your shoulders - rehearsing this pivot motion is one of the best exercises you can do to develop the heart of your swing - i.e. the turning motion of the torso. The best players in the world are able to generate power with a turning motion that sees the upper body coiled against the resistance of a solid lower body action. Practice this exercise and you'll start to see those same qualities in your golf swing. The more you practice this, the more you will learn to feel the proper rotation of your shoulders on a consistent plane. This will encourage swinging the club around your body on a path that ensures the clubhead approaches impact on the correct path and angle. If you feel a bit of discomfort when practicing this drill, try hooking the club in your elbows behind your lower back. This is just as effective as placing it across the shoulders.

Let's get started. The first step is to take hold of the club and assume a good posture. It is vitally important that you create a distinct tilt across the shoulders. Your left shoulder and left hip should be slightly higher than the right side; setting your upper body in the perfect position. As you get ready to make your move, pull in gently with both hands towards your back to flex the shaft ever so slightly. To start the backswing motion, turn your left shoulder under your chin until the butt-end of the club points at (and slightly beyond) the ball. As you make this motion, you should feel your chest and back muscles turning,

stretching and winding. The key is to sense the feeling as your turn against the resistance of that flexed right knee - you literally wind up your backswing. Hold this stretched position for a few seconds. Your hips have now turned approximately 45 degrees, while the shoulders have turned a full 90 degrees. The majority of your weight should be into your right side, and your upper body feels "coiled" against the lower half. In this position, you want to feel that the energy stored in that backswing position unwinds your body all the way to a full finish. Your body should now be fairly straight up and down, the right shoulder pointing at the target, and your weight now balanced on your left side, left leg firm.

This is a great drill to incorporate into your pre-round warm up. Not only will this drill reward you with a strong body motion (the core of every good swing) but it's a terrific stretching exercise that will help to increase your flexibility which will increase your distance. Just be careful that as you complete the backswing the butt-end of the club points slightly beyond the ball. If you are finding that it points at (or slightly inside) the ball, you are most likely tilting your shoulders which will prevent you ever getting your weight fully behind the ball in the backswing. Turn and shift your weight about the axis created by your spine angle. Try to maintain that angle from the set-up all the way to the moment of impact, and don't worry if your head has to move a little to accommodate a full turn away from the ball. Virtually every dynamic swing features lateral head movement. Practice this simple drill and I guarantee you'll see a difference in your power and distance!



The “Baseball Drill” will help you to get the feel for a thought-free, instinctive golf swing!

## The Baseball Drill

Now I know what you’re thinking here... **Baseball Drill!?!?** Well, believe it or not, this “baseball drill” will help you to get the feel for a thought-free, instinctive golf swing! This is a drill I’ve used for years and years to help my students to co-ordinate the movement of the club and body. In a short space of time you’ll be amazed how quickly you are able to maximize your velocity through the hitting area with a loud swish. Swinging a club baseball style is also a terrific way to increase your clubhead speed. When you hold the club out at waist high, you will automatically seem to turn your upper body much more effectively, and the result is that you make a better coil and release – i.e. you load up your backswing and unwind with more speed and power.

This also helps anyone with a tendency to swing on an out-to-in swing plane. Holding the club up at this angle gives you a much better sense of swinging the club around your body, moving inside back to square and inside once more on the way through. Ideally for most golfers, this will help produce a draw shaped shot, one that moves right to left in the air – a far cry from the left to right slice shape that costs distance and accuracy. So use this drill to up your speed and at the same time to get the feel for the shape and the path of your golf swing. Make swings out in front of you and lower the clubhead in stages until you are ready to strike a ball off a tee. As you simplify your mechanics, your shots will become longer, more accurate and most importantly, more consistent.



## Exaggerate The Feeling

A great way to get a sense of the 'launch-pad' feeling you are looking for at the set-up with a driver is to rehearse your routine on an upslope. Doing this naturally settles the majority of your weight on your right side, and at the same time encourages you to angle your spine away from the target, which is exactly the look you want to create. Flex your knees and feel the athletic pressure in your right thigh, ready to absorb the turn of the upper body as you wind up your backswing and truly get behind the ball. Rehearse this action for a couple of minutes, and then take those feelings with you onto the tee.

Get a sense of the "launch-pad" feeling by rehearsing on an upslope



By creating this move at the start of the swing that is not rushed, your swing will initiate the proper coiling process.

## Start Low, Create Width

Once you get in a comfortable position over the ball, start your swing with a 'low and slow' move that promises your upper body all the time it needs to complete a full 'wind-up.' By creating a move at the start of the swing that is not rushed, your swing will initiate the proper coiling process. Make it a smooth 'one-piece' action, the arms and shoulders maintaining their relationship with the clubhead as it moves away on the desired inside track.

To think 'low and slow' has the further benefit that it involves the whole body in starting the swing, which immediately eliminates some of the problems associated with picking the club up too quickly with the hands and losing the natural radius. What you are trying to create here is a wonderful circular motion with

the clubhead, and the better your rhythm, the more speed you will enjoy as you accelerate into the ball. Swing at a comfortable pace and you simply give yourself a better chance of winding and unwinding your body in sequence, the long term benefit being that you are on track to create a shallow 'flat spot' at the bottom of the swing (again, perfect for sweeping the ball away).

Many great players (Jack Nicklaus and Nick Faldo among them) have found that hovering the clubhead at address helps to promote this wide move away from the ball. Grounding the clubhead at address can sometimes lead to a jerky first move, but if you hover the clubhead a little off the ground you do tend to find that the club glides away from the ball, and that sets you on the way to a full backswing. Give it a try!

## Swing Cue: Turn & Stretch To The Top

After achieving a proper setup, starting your swing smoothly, you should feel at the top of your backswing the bigger muscles in your upper body fully coiled against the resistance of a stable lower body. Think of the legs as the shock-absorbers that counter the powerful turning of the upper body. Focus on the right knee: maintaining the flex you created at address and feeling yourself turning against it. This will reward you with a real sense of coil and elasticity as you reach the top of your backswing.

The sequencing of the swing is key to a consistent and powerful position at the top of the backswing. While the hands and arms appear to initiate the early movement of the clubhead away from the ball, it's the upper body which then takes over to complete the backswing movement. One thing all good players have in common is that at about halfway back, the shoulders have not fully turned. Many amateurs have a full turn at this point and then simply lift the club to the top. The correct sequence is one in which the triangle formed by the arms and shoulders moves the club away and the wrists hinge to get the club swinging on a good plane, and then the upper body completes its turn. This is the key to winding up the backswing and coiling the body. The upper body winds over the lower half, and the result of this is an athletic, well-coordinated action that creates energy that drives the downswing.

As you work on gearing your own swing, try to picture in your mind the turning motion of the body and the swinging of the arms and club being completed at pretty much the same time as you reach the top of your swing. In reality, there will be a slight lag (a result of the logical 'gearing' as the hips stop turning before the shoulders, while the arms and hands travel a bit further in response to the weight and momentum of swinging clubhead). Having the image of the arms and body completing the backswing together will go a long way toward their matching up on the way down. This is a key for consistent and solid ball-striking.



The sequencing of the swing is key to a consistent and powerful position.



## Turn Behind It & Stay Behind It!

Driving the ball solidly demands that you wind and unwind your body efficiently to maximize the centrifugal that accelerates the arms, hands and (ultimately) the clubhead. In other words, you have to do everything in your power to maximize your 'coil' which will result in dramatic increases in distance. With the driver, you want to be aware of the right knee acting as a brace, resisting the turning of the hips and the upper body. Well, this is a great drill that will help you turn that 'coil' into extra yards off the tee.

First, adopt a good posture, standing your driver in front of you to approximate the ball position, and steady it with your left hand. Next, rehearse the movement of the swing by making a wide sweeping motion with the right hand as you turn the entire right side of your body away to create the backswing move.

As you make this move, you should sense that your weight is shifting onto your right side as you turn against that braced right knee and thigh. Let your head ease gently to the right to assist you in turning your shoulders to the point where you have your back to the target and your left shoulder under the chin.

From here, as you go on to unwind and accelerate into the downswing, you want to feel that your upper body and your head remains steady behind the ball as you release the right arm to return the right hand squarely to impact. Working on this exercise between hitting shots will develop the powerful action you need to release the clubhead more forcefully and sweep the ball off the tee and help you find a few more yards off the tee.





*“Swing easy, hit hard” to maximize the recoil and acceleration*

## Maximize Speed, Maximize Distance

Having made that backswing coil, and created all that energy, the most important thing now is that you retain it as you change direction. And again, it's the sequence of the events that determine your fate whether you're hitting driver off the tee or putting for birdie. Here's how these processes work. As you complete your backswing coil, you create and store an energy that is about to be unlocked as you change direction. For a split second, your body is actually moving in two directions at once; just as you arrive at the top, so you are at the same time starting your motion forward. The left knee moves towards the target, and then the hips and trunk begin to unwind as your weight shifts back to the left side. By doing this, you will find that your arms drop the club into a very powerful hitting position. And this is your green light to accelerate hard with the right knee, right hip, right arm and right shoulder firing on all cylinders as you release the club and collect the ball cleanly off the tee.

When you ask good players what they do to hit the ball further, most will say that they try to swing the club more slowly and deliberately. This is the old adage, “Swing easy, hit hard.” What they mean is they make an effort to make the transition as smoothly as possible in order to maximize the recoil and acceleration. This is the element of ‘timing’ that is so important: Have the patience to build your speed gradually, and the swinging motion of the arms will ‘match up’ with the rotary motion of your body coming into the ball, and that's the recipe for solid impact.



Use this drill to remind you of the importance of keeping your legs “quiet.”

## Keep That Gap Between Your Knees

One of the cornerstones of my methodology on the swing is that the lower body provides a resistance to the turning motion of the torso. That’s what gets the swing ‘loaded up’ like a spring, ready to unwind in the downswing. A problem I see all too often is that of the lower body (knees and feet) being so active on the backswing that they don’t offer any resistance to the top half.

Let’s think about the dynamics you are trying to achieve. Ideally, you want to coil your upper body against the athletic resistance of the lower body. This is why so many Tour players today have implemented stretching routines into their daily regime. To create that coil, the knees and thighs have to be braced, and maintaining this gap between the knees is a pretty good indication of a strong lower body action. In the process of winding and turning, your left knee may move in just a little, and the right knee may rotate slightly, but basically you want the same gap at the top of the swing that you had at address.

Placing a ball between the thighs is a great way to appreciate this sense of stability in the lower body. This is a great drill that you should use from time to time to remind you of the importance of keeping the legs ‘quiet’. The key is to maintain that flex in the right knee as you turn against it (and in doing so, you should be aware of some pressure in the right thigh). That creates the coil that puts speed in your swing and the power in your shots and should help you find a few extra yards off the tee. If the right leg straightens during the course of the swing, or the left knee shoots forward, you are going to lose that vital stability in the lower body. And if you lose that stability, you will lose your ability to coil effectively.

A question that I am asked fairly regularly is whether the left heel should be allowed to lift to complete the backswing. I only recommend that to players who lack flexibility. Otherwise the best advice to most golfers is to keep the left foot planted, so that as you turn you really feel the ‘stretch’ in the midriff and the upper body. That will also serve to keep your swing shorter, more compact, and easier to repeat. With the driver, a full turn of the upper body may, in some cases, pull the left foot up off the ground. If that’s what’s necessary to reach the top, so be it. Just make sure you don’t encourage any independent or unnecessary movements in the legs.



## For Better Rhythm, “Swish” The Club

Golf, despite seeming exceedingly complicated, is actually quite simple. Take for instance every golfer’s dream of hitting it 300 yards off the tee. In order to gather the power to conquer such a feat, you must increase your clubhead speed, as greater clubhead speed = greater distance! One drill that I have found useful in achieving a feel for greater clubhead speed along with improved rhythm is by making your swing while gripping the club just above the clubhead.

As soon as you take that initial swing, you should notice that you begin to swing more slowly.

Most amateur players that visit my academies exert too much effort and actually lost clubhead speed at impact rather than improve it. The old adage “Swing easy, hit hard,” applies here. As you make your swings, try and concentrate on hearing the loudest part of the ‘swoosh’ as you move through the impact area. Closing your eyes may help you better focus on hearing the ‘swoosh’. You should discover that it is not swinging hard that creates additional clubhead speed through the impact area, but rather the correct sequencing of your swing that will help you gain additional distance off the tee.



## Two Keys For A Better Moveaway

Players often focus so much on getting the clubhead working away from the ball that they end up doing so with independent movement of the hands and arms. Others intensify the problem by picking the clubhead up with the hands, or whipping the clubhead inside from the get go. As a result, the natural radius of swing is broken and the coiling process is ruined before the swing has even begun.

One simple swing thought that can help solve all of these problems is to focus on moving the butt-end of the club first. Doing this you will find that you actually get everything working together and “in-sync”. Remember the key to a solid swing lies in synchronizing the movement of the club, hands, arms and body; there has to be a harmony in this movement. Next you go out to play: from the set-up position, try to get the butt-end of the club moving laterally (before the clubhead moves) and see if you don’t maintain the shape of the triangle formed by your arms and shoulders as you make a smooth move away from the ball. The hands should pass close to the right thigh and your wrists will then hinge naturally to swing the club up on plane. Do not worry about the clubhead; wherever the butt-end goes, the head will eventually follow.

Another good key to get the club moving back properly is to feel that you are brushing the clubhead away. Particularly with the longer clubs that demand

good width and radius for solid ball-striking. Brushing the club on the way back will help you achieve a lot of good things at the start of the swing: it keeps the clubhead travelling low to the ground and it creates a wide and smooth extension away from the ball. In that respect, it is also good for the overall rhythm of your swing.

Here’s a great drill to get this feeling. Place a ball 12 inches or so behind the ball you are going to hit (and slightly inside the target line), and brush the ball away with the back of the clubhead as you make your backswing. Make sure that the butt-end of the club passes close to your right thigh, and that the clubhead stays low to the ground. Work on this for a few minutes and then hit a few shots with your driver, with the ball teed up high. Think low, slow and wide, and you will get your swing properly loaded with the upper body coiling over the resistance of the lower body.

Another added benefit is that in starting your swing in this fashion, encourages you to move your weight across into your right side, which is so important, particularly with the longer clubs. Transferring your weight to the right and then to the left adds to the rhythm and momentum of your swing. As your swing arc becomes wider, you will produce a shallow sweeping action through the ball that will result in square and solid contact.



Hinging the wrists in the process of “loading” the backswing allows a delivery of the final burst of speed deep into the downswing

## Delayed Wrist Action = More Distance

If you were asked to pick up a ball and throw it as far as possible, my bet is you would create a hinge in your wrist as you loaded up your backswing, and then hold on to that angle until the very last moment, before unhinging to add that final thrust of acceleration to coincide with the release. The same principle applies to the golf swing: the wrists are seen to hinge in the process of ‘loading’ the backswing, and that angle is then retained deep into the downswing, until the centrifugal forces at work can be resisted no longer, and the wrists deliver the final thrust of speed. All great players display this quality in their swing, and

it’s something you should think about next time you are out hitting balls – picture this wrist action, and apply the same dynamics to your swing. For solid ball striking and added distance, it is vital that the hands do not release their energy too early (‘casting’ the club, or hitting from the top, are common power leaks). Remember, your objective is to release your maximum speed on the ball at impact, and to do that, the wrists must retain their power until the very last possible moment – rather like cracking a whip, they then add the final burst of acceleration. Be patient. Hold that wrist angle to create maximum power off the tee.



## A Good Grip = More Power

It is astonishing to see how many golfers that play this great game actually hold the golf club incorrectly. In my estimation, at least 75% of all amateurs have a less than perfect grip! Like the great Ben Hogan would say, "Good golf begins with a good grip", and no truer words were ever spoken. Without the proper grip (your only connection to the golf club), you won't be able to properly set your wrists to maximize your velocity at impact. Here are a few key pointers to get a good grip, every time. If you still find yourself having difficulty perfecting your grip, try the David Leadbetter Glove, which has visual indicators to help remind you of a few key positions you should have your hand in, each and every time you grip the club.

### *First...*

with the club held up in front of your body, be certain that the bottom or "leading edge" of the club face is vertical to the horizon or in the 12 o'clock position. From there, lay the grip in the fingers of your left hand, so that it runs from just below the base of your little finger all the way to the first joint of the forefinger.

### *Second...*

close your hand around the grip and squeeze gently with your last three fingers. In this position, you should be able to see between two and three knuckles on the back of your hand, while the left thumb and forefinger are snug together.

*continued ...*



## A Good Grip = More Power

### *Third...*

check to see that the 'line' that is created between your left thumb and knuckle should point in the direction of the right eye.

### *Fourth...*

spread the right hand so that as it joins the left, the club runs through the channel that is created at the base of the middle two fingers. When you close the right hand, the left thumb should disappear in that little 'cup' at the base of the right thumb. The 'line' on the right hand should now appear to run parallel to that same line created by your left hand.



### *Lastly...*

you should, as I call it, 'trigger' the right forefinger. In order to 'trigger' that finger, you should crook it around the shaft so that it virtually meets the underside of the right thumb. You want your hands to be compact on the club, but don't squeeze too tightly! Your grip pressure must at all times be sensitive to the weight of the clubhead.

## Tee It High, See 'Em Fly

I find that it is vitally important for golfers to create the right mental image of the swing they are about to execute, particularly off the tee. While many golf shots require a descending blow to the ball, the driver demands a slightly ascending, sweeping blow with no contact with the turf. This will ensure that you do not lose any clubhead speed through impact to ultimately leave you with maximum carry and roll.

A simple way to visualize this motion is to think of how you would kick a soccer ball. Your foot should sweep in behind the ball, just above the turf and then rise upward just before impact to strike the ball just below its equator. That same angle of attack should be created with your driver. In order to do so, particularly with today's large-headed drivers, you should tee the ball so that at least half of the ball is above the clubface at address.



To create the correct angle of attack for your driver, tee the ball so that at least half of it is above the surface of the clubface at address





## Set Up For Power

A common mistake that is made by many high handicap golfers is that their stance and ball position for a pitching wedge is the same as it is for a driver. What they do not understand or practice is that the ball position and stance change as you move from driver through your long irons and down to your short irons. To get off the tee more consistently, you must take a solid, consistent stance with proper ball position.

When setting up with a driver in hand, you want to position the insides of your heels spread to the width of your shoulders. This will give you a good anchored base from which to swing. Your feet should be square or ever so slightly closed to your target line with 60% of your weight on your right side. The ball should be played in the forward part of your stance, opposite the inside of the left heel. In this position, the ball is essentially waiting to be collected with an upward sweeping motion as the clubhead begins its ascent. Your hands should appear slightly behind the ball at address. This will promote the upward contact you are looking for with the least lofted club in the bag.



To get off the tee more consistently as you move from your driver through long irons to short irons, you must take a solid stance with proper ball position



Position your grip so that the ring and pinky fingers of your left hand are off the end of the grip



Gripping the club like this you'll have a greater sense of swinging more freely and easily without trying to over-control the club

## Relieve The Tension

Believe it or not, gripping the club too tightly can result in a loss of yardage not only off the tee, but with any golf shot. Most golfers find that the greater the pressure is for a particular shot, the tighter they grip the club. As your grip tightens, so will your arms shoulders and torso creating a very poor situation from which to make a proper golf swing. Don't fall into this trap! Here's a way to combat this problem. Take your normal grip only this time; position the grip so

that the ring and pinky fingers of your left hand are off the end of the grip. This should position the butt of the grip inside your palm. As soon as you grip the clubhead like this, you will have a greater sense of the clubhead causing you to swing more freely and easily without trying to over-control the club. It is rumored that Ben Hogan would actually use this exact grip during pressure packed situations during tournaments!



## Stretch For Distance

It is becoming more and more evident that fitness and flexibility are a key component to winning on the PGA, LPGA and Champions Tours. Golfers today are stronger, more flexible and in better shape than ever before. As a result, we find golfers hitting the ball further and with greater consistency than in years past. This is why you'll find that I've incorporated training programs for strength and flexibility at David Leadbetter Golf Academies around the world. Try these simple exercises to stretch out a few more yards from your driver.

### RAISE UP

Take the ends of a club (I like to use my driver) in each hand, arms extended in front of your chest and slowly raise the club over your head. As you raise the club, keep your elbows locked and raise your arms as high as you can over your head. Once you've gone as high as you can, slowly bend from the waist to one

side, keeping your arms in their extended position. Once you have bent as far as you can go to one side, hold that position for a count of three then slowly bend back to center then to the other side. Repeat this stretch a few times as you see fit.

*continued ...*

## HIP FLEX

Prepare your legs for a round of golf with this simple exercise. Place your hands on your hips and take a big step forward and slowly lower your weight onto your hip and thigh muscles. Hold this position for three seconds then repeat with the other leg. As you hold the position, keep your back perpendicular to the ground and push your hips forward to maximize the stretch.



## SHOULDER PULL

Here's a quick stretch to ready your shoulders to play. Start by hooking your right arm under your left elbow and slowly pull back with that right arm to create a similar movement as the coil in your backswing. Hold this position for three seconds and repeat with the other arm.



*continued ...*



## PIVOT

The pivot drill is probably my favorite stretch because it not only stretches your back and shoulders, but it encourages proper movement during your swing. Take a club (again I typically use a driver) and hook it across the back of your shoulders as you adopt your normal set up. From here, work on turning your upper body back, hold for a second and then rotate forward and through to your follow through, holding your finish for a second. It is vitally important to maintain a consistent spine angle as you turn your body on the way back all the way through to the finish. As you make your turn, be sure to shift your weight in unison with the backswing and through swing motion.

*continued ...*



## TWO CLUBS

Get your momentum moving with this simple drill. Take two or three clubs, depending on how many you can hold and what weight is comfortable for you, and make a normal swing motion, but at a slower speed. The weight of the multiple clubheads will create a noticeable momentum that will help you to coil and swing through impact more freely. When practicing this exercise, you want to feel your hands and arms working in harmony with your body.

# Have You Ever Wanted More From Your Game?

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