



HEAD PGA PROFESSIONAL

LEE KOPANSKI

USE YOUR WHOLE BODY FOR POWER

Tuition



PROFILE

Name: Lee Kopanski
Club: Loipersdorf Golf Club, Austria
Position: Head PGA Professional
Career: Turned pro in 1994

Since 2001, I've been the head professional at Loipersdorf Golf Club, a 27-hole championship course in Austria, with my own golf academy. I'm originally from the UK, where I played and worked – and still hold the course record of 63 – at Runcorn Golf Club in Cheshire. I've been lucky enough to train under some amazing coaches over the years, and I like to think that a little bit of that knowledge and talent has rubbed off on me. I've just launched my very own online golf tuition site, at golfswingzone.com.



Advances in technology have opened the door for golfers of all standards to lick their lips in anticipation of the magic move and the perfect swing. At the push of a button and click of a switch your exact amount of shoulder rotation, hip action and club head speed can be fired out by a high-tech piece of kit and revealed to the world.

Many a golfer (myself included) has had their fingers burnt by the now common use

of over-analysis, constantly pushing their nose up against a TV screen and quickly becoming drunk on swing mechanics, angles and rotations.

I am not saying for one moment that a good solid technique is not important, but, as with most things in life, it's how we get there that really makes the difference.

I'm truly passionate about proving to golfers of all standards that they'll massively improve

their golf if they play the game the way they were made to, by simplifying the basics to naturally fit their own body, the way a golf swing should.

From this, golfswingzone.com was born, offering free premium online golf lessons to give me the opportunity to get to you, the people who are really striving to better themselves. It's about time fighting with complicated swing mechanics was kicked into touch!

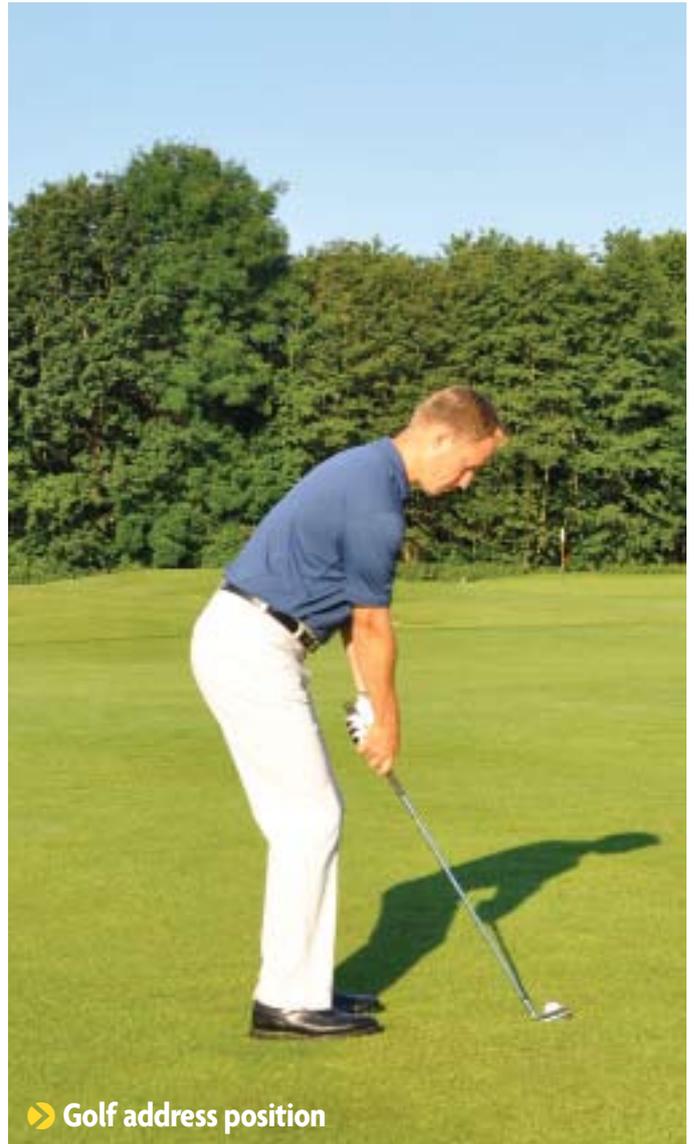


Set up

Align your body and take aim



➤ Ball address position



➤ Golf address position

Firstly, when throwing a ball, you automatically stand in such a way that your ball (and not your body) is lined up with your target. By doing this you are giving yourself the best chance of hitting your target with your ball. You do not think about how your shoulders/hips/big toe are aligned in relation to your target, your focus is on ensuring that your ball is in line with your target.

You naturally stand side on, parallel to the “ball to target line” (the line which runs from your ball to your target). This is no different as to how you should address your ball in golf. Aligning your body to the target, rather than your ball to the target (with your body parallel to this line) is a mistake that I encounter time and again.



Back Swing

Rotate your upper body for power



Your target is your main point of focus. Your ball hand moves back behind your body and inside of your ball to target line. As it does so your body weight moves onto your right side.

The combination of the direction of your ball hand and your weight transference naturally rotates your body. This is the same way a correctly executed backswing is performed. The swing direction aided with the weight transference onto your right side rotates your body.

If your ball hand was drawn back exactly on the line of your target your arm would disconnect away from your body and your rotation would be very limited. Your backswing is identical. If in your backswing your club head remains on the ball to target line your hands and arms are forced to disconnect too steeply away from your body. This has a knock on effect, restricting your weight transference and resulting in limited body rotation.

⋮ DON'T DO...

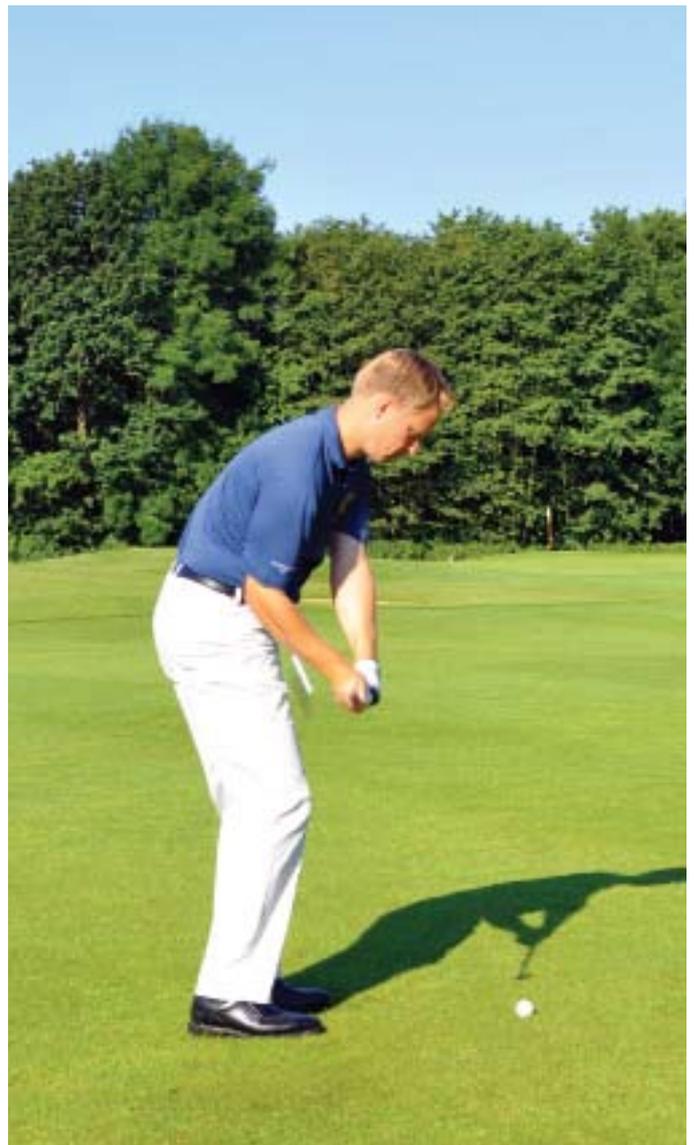
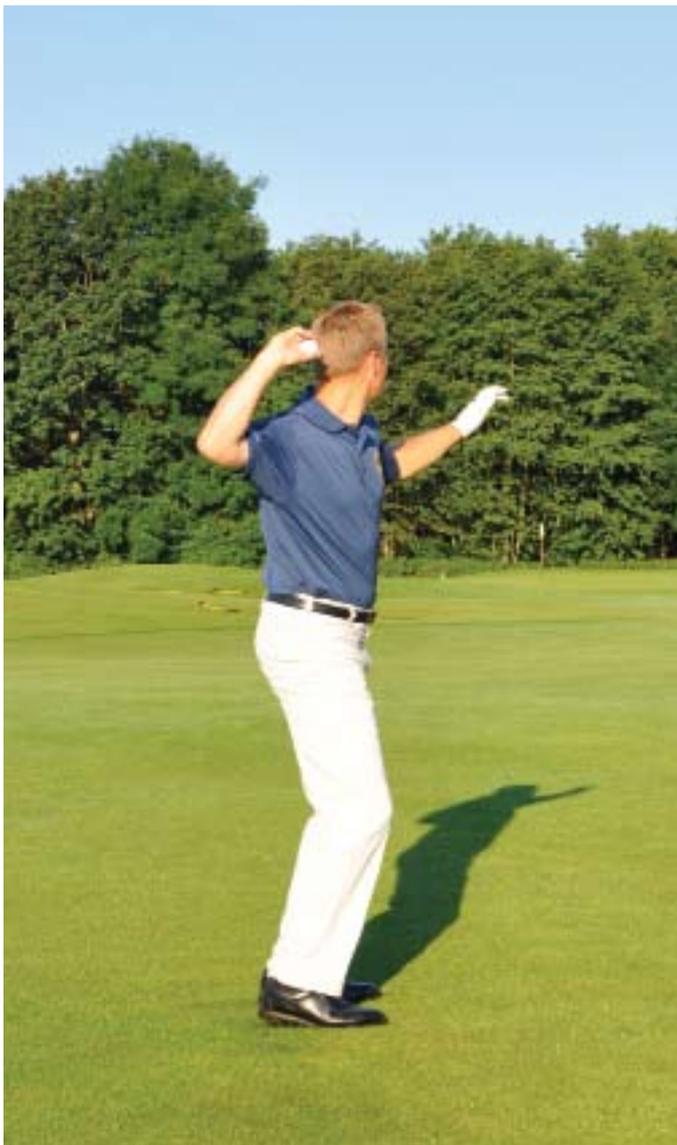
If this is your backswing your body weight favours your left leg and your hips are forced to slide across onto your right side. Your left knee is forced to collapse, your left shoulder drops and your head loses height. I have just described one of the most lethal golf swing cocktails known to man, a "Reverse Pivot".





Attack

Unleash the power back to the target



From the position behind your body your ball hand has to get back to your target line. To get back on track to the ball to target line your ball hand starts its forward motion moving to the right, to recover from the inside position created by drawing your ball back. Your body weight is smoothly transferred across to your left with your ball hand heading back in the direction of your target. Your weight transference and hand and arm direction combined rotates your body.

This is identical to a well executed downswing that correctly attacks the ball from an inside downswing path. To get back on track to the ball to target line your club head starts its forward motion moving to the right to recover from the inside position created by your backswing. Your body weight is smoothly transferred across to your left with your club head heading back in the direction of your target. Your weight transference and swing direction of your club head combined rotates your body.



Release

Power through to your target

This is the half way stage of the throw. Your body weight is favouring your left side and your ball hand has met the ball to target line shortly before release. Your ball hand continues from here, heading in the direction of your target. Your weight transference to the left and ball hand direction naturally aid the rotation of your body further. As your ball hand arm reaches full extension you release the ball to your target.

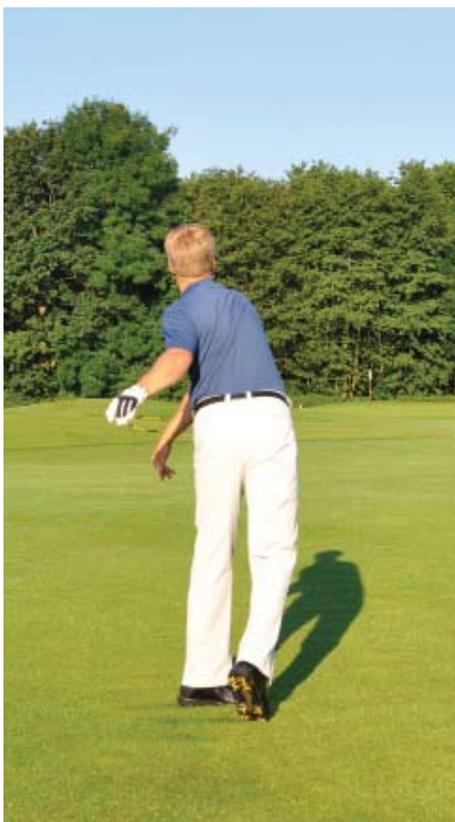
This is identical to a correctly aligned and well co-ordinated impact position in a golf swing. Your body weight favours your left side and your club head meets the ball to target line shortly before impact. Your club head continues from here, heading in the direction of your target. Your weight transference to the left and your swing direction naturally aid the rotation of your body further. As your arms reach full extension you hit your ball.





Finish

Always complete your natural rotation



After release your ball hand maintains its path heading towards your target for as long as physically possible. Your weight transference is complete with the majority of your body weight favouring your left side. Your weight transference and ball hand direction completes the rotation of your body. The momentum and complete rotation naturally pull your ball hand inside, off the ball to target line, to finish wrapped around your body.

This is identical to a well-balanced follow through and finish position in a golf swing. Following impact your club head maintains its path, heading towards your target as far as physically possible. Your weight transference is complete with the majority of your body weight favouring your left side. The momentum and complete rotation naturally pulls your club head inside, off the ball to target line. Your hands finish over your left shoulder and your club shaft runs down your back.

CONCLUSION

Just like any other physical movement, tapping in to the full strength of your whole body requires weight transference and rotation. If your golf swing is poorly directed, your body will be blocked, resulting in a substantial loss of power and distance. The weight transfer – to the right in the backswing and then to the left in the forward swing – is guided by the swing direction and naturally rotates your body. So, to play consistently powerful golf it's essential that you build a swing that's correctly directed in relation to the target. I hope this helps you. Be sure to look for more free lessons at golfswingzone.com.

