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Professional Tip of the Month

Roll the Feet Drill

Lately I have noticed that most players have poor weight transfer, usually what I see is that most players transfer their weight into the front foot at the top of the backswing and then they start their downswing by kicking off the toe of their right foot- when this happens most players find it hard to have a balanced swing and hit consistent shots



Here is a simple drill you can perform with or without any golf balls and over time should start to feel and sense what your feet are doing in the swing and develop better rhythm

1. **Begin by feeling your weight balanced evenly over both feet at address**
2. **Begin the backswing by rolling off the instep of the front foot**
3. **Feel your weight transfer into your right foot but maintaining your right knee flex**
4. **Once at the top of the swing reverse the direction and feel pressure off the instep of the right foot- the right knee should drive towards the golf ball not slide towards the left knee.**

Practice this move with or without golf balls to **enhance the feeling try it without having shoes on and have your eyes closed.**

Want to learn more? **Contact us now at CBIQG**
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