



# DROP ANCHOR

Stay grounded to generate power in your swing



1



2

**T**HE MOST FUNDAMENTAL difference in the modern golf swing vis-à-vis the way it was taught a few decades ago is the role of the body. While the older pros swung the clubhead with the arms and let that motion dictate the turning of the body, the modern swing focuses on the upper body coiling against a stable lower body to generate clubhead speed.

The first change this entails is in the set-up. While the older swing required a player to stay on the balls of his feet to enable the feet to roll in the direction of the swing, the modern golf swing requires the player to be firmly grounded at address so that he can generate power from the ground up. The goal at set-up is to ensure the body is anchored to the ground in such a way that will provide a stable platform for the rotation of the upper torso and to engage the proper muscles stability and power.

In the two pictures, Paritosh Ganapathy is demonstrating the two set-up positions. Paritosh used to keep his weight on the balls of his feet (1). As is evident, in this position, he looks a tad too leaned over the ball. From this position it was always a struggle for him to maintain his balance throughout the golf swing.

We've worked on getting his weight back on his ankles (2). Observe that he is not leaning back either. From this position, he is able to stay centred and balanced whilst allowing for significant centrifugal forces generated through impact and into the finish. Having the weight centred over the ankles at address not only moves the weight back (which allows the player to fight the inertia of the club during the downswing) but also allows the gluteal muscles to remain fully engaged providing stability to the rotating torso.

It is almost impossible to swing the modern way without first being in this correct set-up position. Check this before you try making any other changes to your golf swing. ♣

**PRITAM SAIKIA** is the director of instruction at the Ultimate Golf Performance Center at Golden Greens GC in the NCR.