



# Off the tee

## Wrist Power for Deep Trouble (Power Ball It)



It's important to have strong wrists, forearms and shoulders in golf. In previous instruction I've stressed the importance of gripping the club lightly but remember, the hands will tighten up as you make impact, especially in those nice deep lies that you might have in the rough. The next time you see Tiger Woods spin out and hit the driver in the cabbage, see the power as he rips it from the rough.

Lots of us think that fitness and strength isn't important. We have to realise that the body takes a pounding every time we hit golf balls, especially the joints - like our wrists, elbows and shoulders. When the ball is sitting down in the rough, it takes a bit more effort to get it out. There are lots of ways to keep the wrists in shape. Squeezing a soft ball, wrist curls, and the list goes on. For me nothing has been more fun, or effective, than the power ball. I recently started working with the NSD Power ball, which is the world's most powerful Gyroscope and boy-oh-boy, does it work. I don't leave home without it.

Long drive champion, Karl Woodward, claims that the power ball helped him break the magical 400-yard barrier and European Tour Pro. Padraig Harrington also swears by it. So next time you are in the office, or at home in front of the TV, take 10 to 20 minutes and give your wrists a work out. And when you need the power, play it back in your stance, hit down sharp, and rip it out of the trouble.



### Try not to be a hero, get the ball in play.

- (1) Take a more lofted golf club, stand closer to the ball with a narrow stance. Grip down and place the ball back with more weight on your left foot. This will stop any lateral movement in your swing and will encourage a nice steep takeaway.
- (2) Pick the club up steeply with more wrist cock, keeping the weight on the left side and drive down steep into the ball. The grip must be tighter to stop the club head from twisting in the long grass.



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