

Golf Tips: Drill to get your weight forward

by Tina Mickelson

Many players have trouble getting their weight onto their front side when chipping. When I seem to have trouble with this, I like to imagine my right knee initiating my downswing/forward stroke in the direction of the target line. It is important that upper and lower body work together and a good rhythm is maintained. And in actuality, my right knee is not moving first, but the mere thought of my right knee initiating the downswing helps me get my weight onto my front side when chipping. Photo by Paul Nasri

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