

as the spring “springs.” The poor player fails to supply the necessary resistance in his legs and feet. He dances around in such a way that there can be no build-up of torque, no coiling of the spring, in the backswing. Then, there being nothing to release in the through-swing, he is either stiff and wooden in his legs or collapses completely when he comes to hit the ball.

The golf ball cannot be struck powerfully and accurately with any action other than that comparable to the wind-up and release of a coil spring.

If the golfer will believe this, and work at it, he will soon realize that his feet and legs are a critical part of his anatomy. They are his contact with the ground, his platform, and their task is nothing more nor less than to resist — to anchor the end of the spring to a base during both its coiling and release. If that doesn't happen, the result invariably is that the player swings his body rather than the club at the ball — the old story of applying oneself rather than the clubhead.

I think “relax” has been one of the most damaging words in golf teaching, in that it has often been applied to the whole of the set-up, rather than to upper areas of the body, where relaxation can promote freedom of movement. For the majority of players, however, relaxation from the hips down is one of the