

Building energy and strength into your setup and pre-shot routine is key to getting your swing off to a good start. *by* Bill Westerlund and Scott Bartley



CORE VALUES

BEN HOGAN IS still regarded as one of the best ball strikers in golf history, and his setup always began by mentally directing his thoughts to his core generator. This created a physical sensation of his core being actively engaged as his address position was being built.

That was 50-plus years ago, but engaging your core is still important today. A good pre-shot setup should heighten in intensity and form your transition from mental to physical, all the while allowing you to start the club back with

the appropriate muscle tension.

Your pre-shot routine determines the outcome of your swing. All begin by mentally analyzing the shot at hand, meaning the distance, lie, conditions and club of choice. Once the decision is made, the mind has to trigger the setup routine pattern by changing its focus to the physical in order to take the club back and execute the swing. The challenge becomes deciding where to put the beginning focus in developing your setup. You can focus on the ball, hands, feet, shoulders or other points the

mind can use to trigger your swing.

The level of understanding of Hogan's core-generating ability has never been explained effectively, and the ideas about the core are elusive in today's physical training methods, especially in golf. We believe that a focus on core development is necessary to build energy and strength into a golfer's pre-shot setup and swing. **SG**

Bill Westerlund, PGA, and energy coach **Scott Bartley** teach at Mission Bay Golf Course & Practice Center in San Diego. For more information, visit pgainstructor.com.

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