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Swing Triggers

Here are several tricks to get your swing off to a smooth start.

BY LYNN MARRIOTT AND PIA NILSSON

IN SPORTS SUCH AS baseball and tennis, the player about to hit the ball is usually moving, whether he or she is wagging the bat or bouncing the ball. Rarely is the person standing completely still. Golf should be no different: For your swing to start off smoothly, your body can't be too rigid; you need to feel loose and relaxed over the ball.

A swing trigger can help you do this. It can be a movement, such as a forward press with your right knee toward the target, à la Gary Player (*left*); or a sensation, such as a feeling of lightness in your feet; even a sound or image. A trigger helps limit the time you spend standing stiffly over the ball. Annika Sorenstam, for example, takes only five seconds between when she sets up over the ball and when she hits it, which helps her make a fluid, powerful swing.



Initiate the swing by pushing your right knee forward.



▶ TRY THIS: START YOUR SWING EARLY

To promote a smooth takeaway, practice a few swings starting with the club a foot in front of the ball (*above*). Notice how the club flows back in one easy motion. Now, swing the clubhead back from its normal position behind the ball, maintaining the feel of that same free-flowing motion. ●

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