

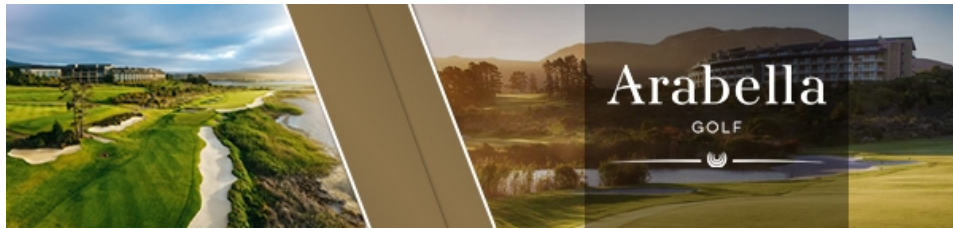
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Sunday, May 05, 2024

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Please note

Course closure: 9-12th October

Hollowtining will be done from the 9th to the 12th October - please take note that the course will be closed during the course maintenance.

EOGA's tip of the week

With Chalton Steyn (EOGA Killarney)

Shallowing out in the downswing

This week we are looking at shallowing out the golf club in the downswing.

All too often players on the driving range as well as the golf course really struggle with steep angles of attack, as well as severe “out-in” swing paths. It leads to a lot of inconsistencies, as well as issues with strike and ball flight. A big factor in this, is the way the trail shoulder works in transition from the top of the backswing.

1. Wrong: rotating internally

With players who struggle to shallow the club out, their trail shoulder rotates internally. This really gets the shaft in a steep position and makes it very difficult to swing consistently from this position.



2. Right: rotating externally

In order to feel the shaft shallowing out, it's important to feel the trail shoulder work more into "external rotation". A simple feeling for this is to feel as if the trail shoulder rotates away from the body. This could be felt by feeling the right shoulder blade *squeezing* "back and behind you", instead of forward and in front of you. This will help the shoulder go into "external rotation" and really help the shaft shallow out.





Be sure to get hold of our teaching professionals at EOGA and find out how we can help you achieve this.

André at andre@eoga.co.za or 082 860 4977

In other news...

How we all fell in love with the game

EOGA
Golf Academy

ARABELLA
junior
ACADEMY

3:30 - 4:30
TUESDAYS
&
THURSDAYS

PAYMENT OPTIONS
R150 /lesson
or pay **upfront**
R500 for 4
R800 for 8

Contact André for his Junior classes!

Get in touch >

What are you buying?



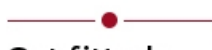
Ignore the hype. Experience

the moment.

There is something exquisite about finding the sweet spot with an iron.
Everything feels so perfect in that moment.



Achieving that moment requires, returning the clubface square to the target with the sole square to the turf. That's very difficult if the lie angle / shaft length combination is wrong for you.



**Get fitted:
Make more moments**

Over 80% of golfers play with equipment that makes it more difficult to experience the perfect iron shot. You can change your experience. You can make more magic.



You can do this

Let's get your irons checked. Let's help you make sure you have a setup that makes it easier to create more magical moments. Come and see us.

Call us, or

[**Book an equipment assessment >**](#)



Consistently better

'The hands'
is not the right answer

From the top, which part of your body initiates the downswing? Many get into a good position at the top, but then allow the downswing to start with their arms or even hands.



This is a good position.



*A downswing started
with the arms.*

You want accuracy and consistency of ball strike with approach shots. That is much, much easier to achieve if the large muscles control your first

movement back to the ball.



Easy to say, harder to do

Male golfers especially are conditioned to try and hit the ball with their arms and hands. I want all of you to take an #8 iron, get out on the range, hit balls, and to try and quieten your arms and hands. Try consciously hitting the ball with your “body” rotation. Notice how much more solid you can strike the ball. Practise this.

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