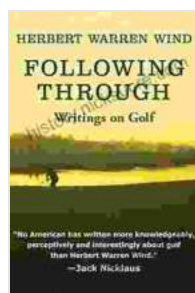


# Following Through: The Key to Consistent Golf Shots

The follow-through is one of the most important parts of the golf swing. It is the final part of the swing, and it is what determines the direction and distance of your shot. A good follow-through will result in a consistent and powerful shot, while a poor follow-through will result in a weak and inaccurate shot.

## The Proper Technique

The proper follow-through begins with a good finish. At the end of your swing, your weight should be on your left foot (for right-handed golfers) and your head should be down. Your arms should be extended and your club should be pointing at the target.



## Following Through: Writings on Golf by Herbert Warren Wind

★ ★ ★ ★ ☆	4.4 out of 5
Language	: English
File size	: 1558 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 486 pages
Lending	: Enabled



From here, you should slowly rotate your body clockwise (for right-handed golfers) and extend your arms towards the target. As you do this, your

weight should shift from your left foot to your right foot. Keep your head down and your eyes on the target throughout the follow-through.

## **Drills to Improve Your Follow-Through**

There are a number of drills that you can do to improve your follow-through. Here are a few of the most effective:

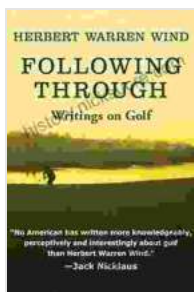
- **The towel drill:** This drill helps you to keep your head down and your eyes on the target throughout the follow-through. To do this drill, place a towel under your chin and hold it in place with your hands. Make a few practice swings, keeping the towel in place. This will help you to get used to keeping your head down and your eyes on the target.
- **The mirror drill:** This drill helps you to visualize the proper follow-through. To do this drill, stand in front of a mirror and make a few practice swings. Watch yourself in the mirror and pay attention to your head position, arm extension, and weight shift. Make adjustments to your swing until you are able to perform a consistent and powerful follow-through.
- **The slow-motion drill:** This drill helps you to break down the follow-through into smaller parts. To do this drill, make a slow-motion swing and focus on each part of the follow-through. Pay attention to your head position, arm extension, and weight shift. This will help you to identify any areas that need improvement.

The follow-through is an essential part of the golf swing. By following the proper technique and practicing the drills outlined above, you can improve your follow-through and take your game to the next level.

Here are some additional tips for improving your follow-through:

- Keep your head down and your eyes on the target throughout the follow-through.
- Extend your arms fully towards the target.
- Shift your weight from your left foot to your right foot as you rotate your body.
- Practice your follow-through regularly.

With a little practice, you can develop a consistent and powerful follow-through that will help you to hit the ball longer and straighter.

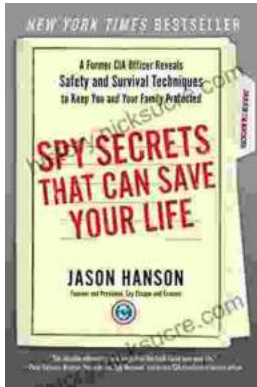


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