

## 1.1 Intro to the Compression Line: How to Hit Dead Solid Shots!

Hi guys, and welcome back, it's great to have you here today.

To wrap these series of videos, we talked about the five fundamentals and how these are really important.

How we can create consistency by having a stable and fluid spine, how we can create power and effortless power by rotating back, creating lag, releasing lag, those are all very, very important.

But none of that matters unless we can consistently hit that ball right on the center of the sweet spot, and compress this golf ball.

That really comes down, a great deal of this comes down to how our body is positioned at impact, and that's what I call the compression line.

So in this video series I'm going to walk you through how to get your body set up the right way so that you can compress the golf ball time and time again.

So the compression line, let me go ahead and talk about this, and then in the videos I'll give you some great drills to help you do this for your own swing.

But what we're going for here, as we compress this golf ball, is when we come down to contact I want to make sure that I have a good amount of forward shaft lean, and I want to make sure that I'm coming down and through hitting the ball first every single time.

Now my body has to be set up in a proper way to be able to do this, so when you're coming into contact, I need my left ankle, my left hip, and my left shoulder to all be lined up in a straight line as I'm coming into contact.

That line is going to be tilted slightly away from the target.

What that allows me to do is to be in a powerful position where I can still hit down into that golf ball, I'm not going to be coming down too steep, chopping down into the ground, chunking shots.

I'm not going to be hanging back and coming up too thin where I'm picking the ball off the ground, maybe flipping or scooping as I'm coming through contact.

My body's set up in a way where I can deliver the club down into the ball every time.

We also need our hips to be about 45° open, that's going to allow us to create some forward shaft lean with this club, and to really hit down and through and compress the golf ball as I mentioned.

Lastly, we need our shoulders to be square, with the direction our shoulders are pointing, we're going to dictate where we can release the club and how we can release the club.

So that's the general, overall idea. We need that compression line, that left ankle, left hip, left shoulder all be stacked up so we can come down and through, and really make some good, clean contact on this golf ball, and I'm going to show you how to do that in this video series.

So if you ever heard somebody hit those really heavy hit balls, and they make this nice effortless swing, and the sound is just so crisp, that's what we're all going for.

It starts by getting the body in the right position. Let's go ahead and get started, I'm ready to share this with you guys, and I'm really excited to work with you.

Now one of the questions I get all the time is I know this apply to men's swings, you show men's swings a lot of times, but what about LPGA or women's golfers?

Here we're taking a look at Jessica Korda, she's displaying this compression line perfectly. Left ankle, left hip, left shoulder all stacked up.

It's allowing her to release the club, she has one of my favorite swings on the LPGA tour. Really, really solid fundamentals.

And again, Roy McElroy here, just a great swing, very, very powerful. Absolutely tearing up on tour the last couple years, and you're going to see the exact same position as he comes down.

Great lag there, releasing that club, and you can see left ankle, left hip, left shoulder, all stacked up, slightly tilted away from the target, that's going to allow him to get in that position where he can release the club time and time again, and really compress the golf ball.

So if you guys are ready to start putting your body in the proper position to be able to compress the golf ball, let's go ahead go on to the next video where we can work through the drills to get you into those great positions and start hitting it better.

So I'll see you guys in the next video.