

# THE SWING THAT KEEPS ON WINNING

*Catriona has been working with SGU National coach **Kevin Craggs** for the past two and a half years. Here and overleaf, Kevin highlights the key moves they work on – and the drills that can similarly help you improve your swing*

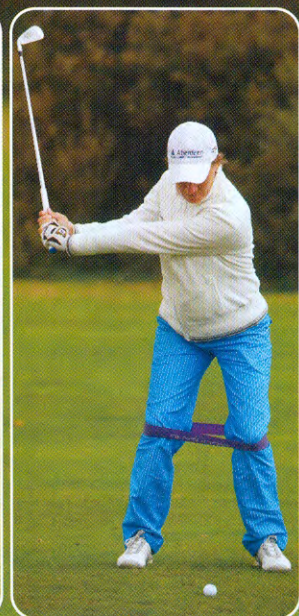
One of the keys to Catriona's consistency is that she works on the foundation of her swing and the fundamentals that shape it. The little things like having a good solid base should never be neglected. I always talk about *stability* in the swing – a vital element for all golfers. Catriona controls this by having great posture at address and a consistent width of stance. Her weight distribution is also constant so that she is able to swing with great balance and poise. The resistance band exercise you see here is one of our favourites in what I like to call 'supervised practice', so that even when I'm not travelling with her to a tournament, Catriona can rely on this drill to ensure she is practising the right moves in the correct manner. These training aids are a useful addition to every golfer's bag. They give you a focus and plan to your practice. – Kevin Craggs

## BAND AID! A SIMPLE DRILL FOR BETTER STABILITY

Inconsistencies in the swing can often be traced to poor balance and stability in the lower body – and this drill is designed to help you avoid those problems. Kevin suggested using a resistance band as part of my warm up routine and it has definitely helped me to take care of the very fundamentals we work on together. With the band looped around my legs, as you see here, I am immediately aware of the strength in my legs and the role they play in stabilising the swing. I start by getting into a good posture at the set up, gently flexing my knees and creating tension in my quads so that the band is stretched. In the backswing, I focus on maintaining the tension in the band – achieved via a strong but relatively passive leg action. This stabilises my swing and also acts as an exercise to strengthen my glutes, giving me a strong lower body, which helps me strike the ball consistently. It's an exercise I recommend.



*"Using the resistance band has really improved my sense of what a good leg action feels like – it is especially good for me in terms of activating my right side, providing resistance to the rotation of my upper body as I coil to the top in the backswing"*



Inside of the heels spread to shoulder width – the band taught

Key is then to keep that tension in the band as I load up the swing