

# Getting legless

European Tour coach Mark Pearson explains how to transfer your weight more efficiently



**P**LENTY of amateurs lose a lot of power by transferring their weight incorrectly and getting their legs involved too much. Ideally your finish should be balanced and unhurried – with your belt buckle pointing at the target and your right foot up – but it is all too easy to get out of sync in the swing.



Mark works with European Tour players Phillip Archer and Sam Walker and is the head teaching pro at Oulton Hall. For more details on the club visit [www.devere.co.uk](http://www.devere.co.uk) and click on Oulton Hall or call 0113 282 1000



We can see from the above photos that my weight transfer is the wrong way round and we have something that is called a reverse pivot. At the top of my backswing my weight is on my left side

and, approaching the hitting zone, is moving back to my right side. This will result in a loss of power and consistency and direction of strike. Not ideal



To help create some resistance in the backswing you need to quieten down the legs. Your upper body will not lean into the ball but turn powerfully and, in the downswing, use the ground



for some leverage. You will notice the huge difference in my left side approaching impact and you should also soon see some straighter, longer iron shots appear in your game