

# Articles and Tips - Left Arm Drill

If I had one thought and accompanying drill to leave this world with before I go, it would be this: "Learn to deliver the club into impact, square and de-lofted with your left arm."

The following are two terrific ways to fix the dreaded "chicken wing."



▲ To begin, stand erect and connect your left arm/elbow against your side with the arm at 90 degrees, palm up.



▲ Then lay a club in the hand so that the club is parallel to the ground and target, as pictured



▲ Rotate the forearm to the right slowly and back to the left slowly, as pictured. Keep the left elbow connected and feel the rotational movement in



▲ Secondly, start with pitch shots with your left arm only. Work to feel that same rotational forearm and progress to 50-yard wedge shots.

the forearm. Do this 15-20 times each way. If it's easy to do, try it with two clubs. If there is any pain in the elbow, cease immediately.



◀ The idea is to feel the left arm as your steering wheel of the clubface and make crisp contact with the ball on each swing. At first, depending on your skill level, this drill can be extremely challenging in coordination and strength. However, if it just seems impossible, remove the ball and keep feeling the arm rotate and fold. It will become easier in time.

With some great left arm practice, the chicken wing will go away, and your abilities to launch the ball lower with a draw will become evident.

Great Golf, Neil Wilkins

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