



Articles and Tips - The Waggle

Do you have motion in your pre-shot routine? Do you waggle the club prior to the takeaway? Pre-shot motion in the feet and in the club in the form of a waggle helps:

- 1) "Get the club started back in specific position" - Weir, Leonard.
- 2) Set the pace for a specific type of shot.
- 3) Eliminate tension.
- 4) Get the body in rhythm.
- 5) Keep from getting ball bound.
- 6) Get into the target.

I would say that a consistent and instinctive waggle over every shot will help everyone.

The best way to develop waggle and motion in the pre-shot routine is on the practice tee or at home in the mirror.

Watch the different waggles and routines of the tour players. Some move in a more deliberate structured pace and some move with a quick almost fast pace.

I think the pace should match the shot type, but in most cases it should match the personality of the player.