



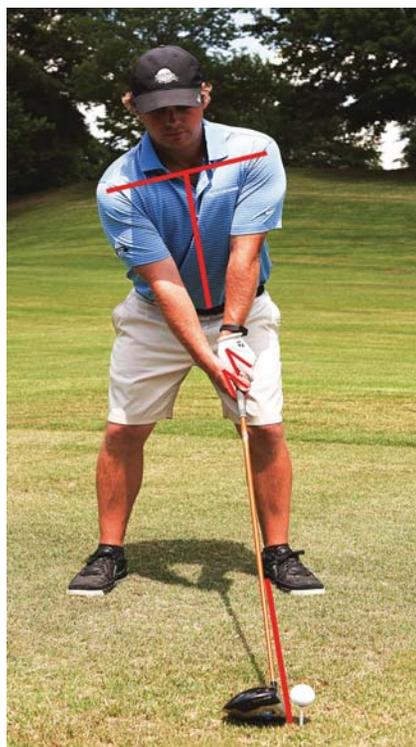
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**H**itting your driver is supposed to be fun, just like Happy Gilmore's 400 yard smashes on the big screen. Unfortunately, that was just a movie and playing golf in the real world isn't that easy. But there were a few fundamentals we learned from Mr. Gilmore on how to hit the ball longer off the tee:

1. Fast swing speed
2. Launch the ball high
3. Low backspin rate
4. Hit the ball in the middle of the clubface

Before we discuss how to achieve these specific fundamentals, there are some prerequisites:

1. You must have a driver that is new (within the last 5 years) and fitted professionally to you and your swing. Being fitted for your clubs is very beneficial in making sure you have the right loft, shaft flex, and weight that will maximize your potential for hitting the ball farther.
2. You must have a proper Grip, Stance, Posture, and Ball Position in order to make an effective swing at the golf ball. This goes for any club in your bag, not just the driver. As seen in the picture below, the proper set-up for hitting the driver looks like photo on right.



*Photos courtesy of Bissell Companies*

The grip is being held in the fingers and not in the palms of the hands, with the V's on each hand running parallel to each other and pointing to the right of my chin. The ball is positioned just off of my front heel with it teed above the top line of my club head. My feet are situated about hip width apart with the majority of my weight placed on the balls of my feet. Lastly, my head is located in the center of my stance while my hands move towards the front of my stance. This creates a tilt in my spine away from the target which then moves my right shoulder down and left shoulder up.

## Smash your drives 3 drills to be longer off the tee



**Drill #1 – Goal: To increase club head speed.**

rip the club on the shaft just above the club head. Make swings, trying to whip the club's handle through the air as fast as you can. The louder the sound is, the faster you are swinging the club. Try to activate your hands while swinging the club. You will find that utilizing your hands in the swing will increase your clubhead speed. After a few swings, switch the club back



around, grip it and make those same swings, accomplishing a loud whip sound from the clubhead moving through the air.

**Drill #2 – Goal: Strike the ball on the upswing creating a higher launch angle thus reducing the amount of backspin.**

Place an empty sleeve box approximately 6 inches in front of your teed up golf ball. Hit tee shots while avoiding the box. Your club should strike the golf ball while it is ascending into the follow through, launching the ball high in the air with very little backspin.



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**Drill #3 – Goal: Hit the ball in the middle of the clubface.**



Apply some Dr. Scholl's foot spray to the face of your driver. Hit tee shots and then check for where the imprint of the ball is on the club.

These three simple drills will help you achieve the four fundamentals for hitting the ball longer off the tee. So get out there and smash your drives!