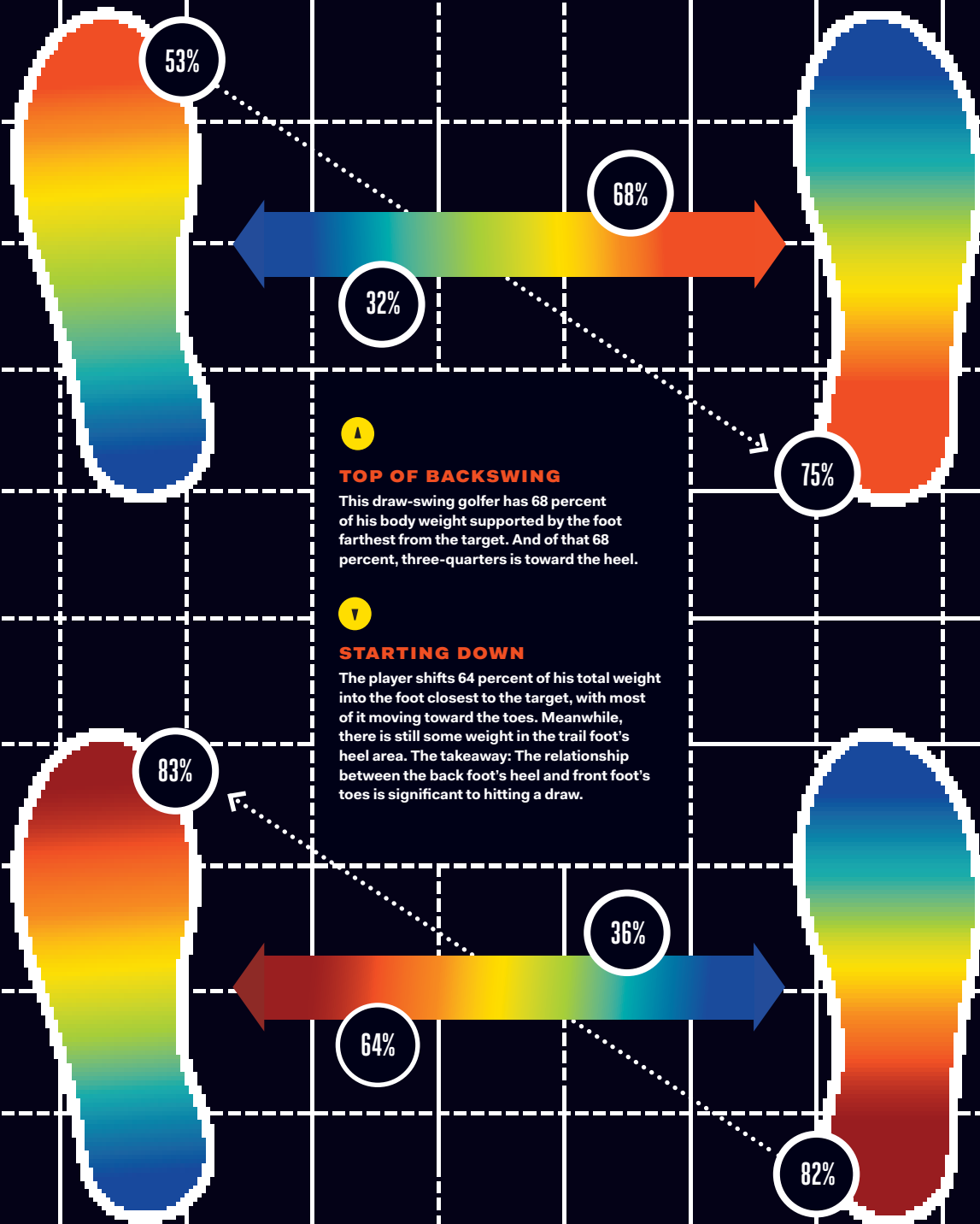


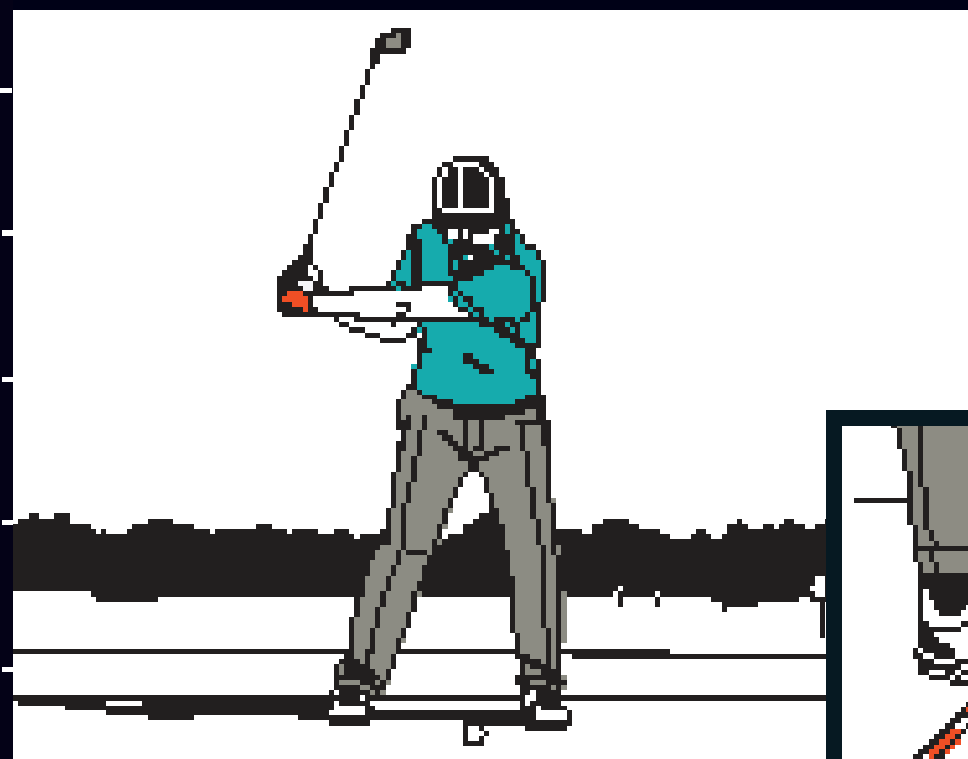


“The big mistake? Starting down with your weight in the heel of your front foot.”



TOP OF BACKSWING
This draw-swing golfer has 68 percent of his body weight supported by the foot farthest from the target. And of that 68 percent, three-quarters is toward the heel.

STARTING DOWN
The player shifts 64 percent of his total weight into the foot closest to the target, with most of it moving toward the toes. Meanwhile, there is still some weight in the trail foot's heel area. The takeaway: The relationship between the back foot's heel and front foot's toes is significant to hitting a draw.



Hit a Draw With Your Feet

Good weight shift is vital to this shot

ONE OF THE MOST coveted shots in golf is a draw (the shot curves slightly left for right-handers). You can learn to hit this shot if you focus on your feet.

As you reach the top of the swing, you want to have roughly two-thirds of your body weight supported by your foot farthest from the target. And of that two-thirds, you should feel most of it in the heel. At the same time, the remaining weight should be felt a little more in the toes of your front foot than the heel. Remember: front-foot toes, back-foot heel.

Now here comes the interesting part: In research (left) taken from biomechanist J.J. Rivet, draw players maintain this toes-heel relationship at the start the downswing. Like all good players, two-thirds of their total body weight shifts into the foot closest to the target, but you can see that the brunt of it is toward the toes. And the back-foot heel is still supporting a fair amount of weight, too.

This might seem odd if you've been told to get off the heel of your back foot in the downswing and pivot around your front foot's heel. But that should happen later in the through-swing. Starting down, the toes-heel relationship is crucial for an in-to-out swing path. So long as the club is closed to that path at impact, the ball will draw. —WITH RON KASPRISKE

LEADBETTER is a Golf Digest Teaching Professional.



THE DRAW DRILL

If you stand on an alignment rod when you practice (left), you'll get instant feedback on what part of your foot is supporting most of your weight. Rehearse swings on the rod where you feel the toes-heel relationship.