“Load and Explode”

The modern game of golf has been completely revolutionized over the past 20 plus years. Power is an essential element to being competitive with the average course on the PGA Tour measuring approximately 7,200 yards. In 1997, John Daley became the first player to average over 300 yards per drive. That was 30 yards longer than the Tour average. Today the PGA Tour average is 295.3 yards off the tee-the longest average ever.

While equipment has definitely aided in this increase, it is not the main factor. Since 1980 we have seen dramatic changes in driver technology, but actually the Tour average has only increased one yard per year. So what has led to this drastic increase? The understanding of biomechanics, how to efficiently and effectively us the body.

So what is the main key to increasing your distance off the tee? You must understand how to use the lower body. We coil from the top down and uncoil from the ground up. While we see varying length of backswings from Dustin Johnson who goes slightly past parallel to John Rahm who is well short of parallel, they both share a common element in their swings…they maintain the flex in their right knee. One of my top collegiate students, Gabe Spach, came up with the term several years ago called “Load and Explode”.

As Gabe approaches the top of his backswing, he wants to feel the weight stay on the inside of his right foot and his right leg resist the rotation of his upper body. Once he has stored approximately 80% of his weight into the right leg, he wants to feel his lower body explode...the lower body fires and pulls the upper body thru impact.

One of the biggest mistakes I see in the average golfer as they approach the top of the backswing is that they straighten there right leg. If the leg is straight, the weight shifts to the outside of the right foot and you will not be able to properly use the lower body. All you have to do is look how the modern golfer’s body is built. They have extremely power legs and core while maintaining a lean upper body.

For help with learning how to “Load and Explode” or any other area of your game please visit [**www.brianflugstad.com**](http://www.brianflugstad.com) to book your next lesson!