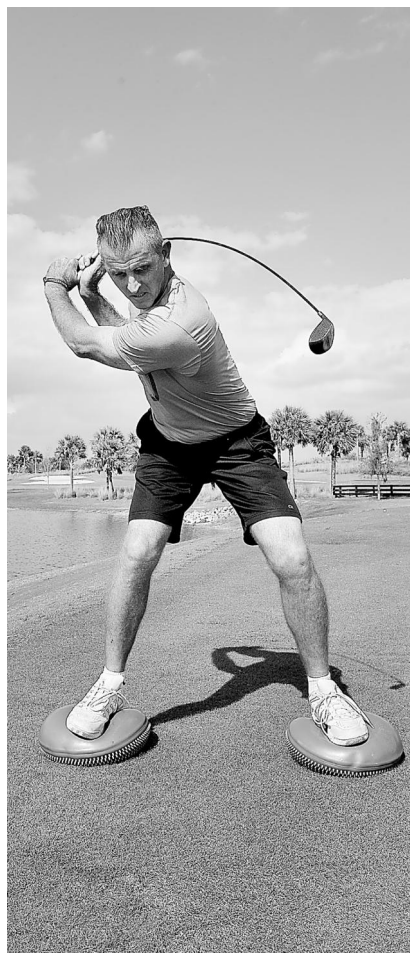


Biomechanics 101

Joey Hidock has a firm belief, "We are always trying to achieve perfection, with perfection being unachievable," the instructor with The Villages Golf Academy said. "But the pursuit of it always makes us better." That philosophy is part of the reason Hidock has been so devoted to helping golfers improve their game in his career. During his tenure, Hidock has found training aids to be valuable tools for players to use as they chase that unachievable perfection. Below, Hidock highlights a handful of aids players can use to improve their game.



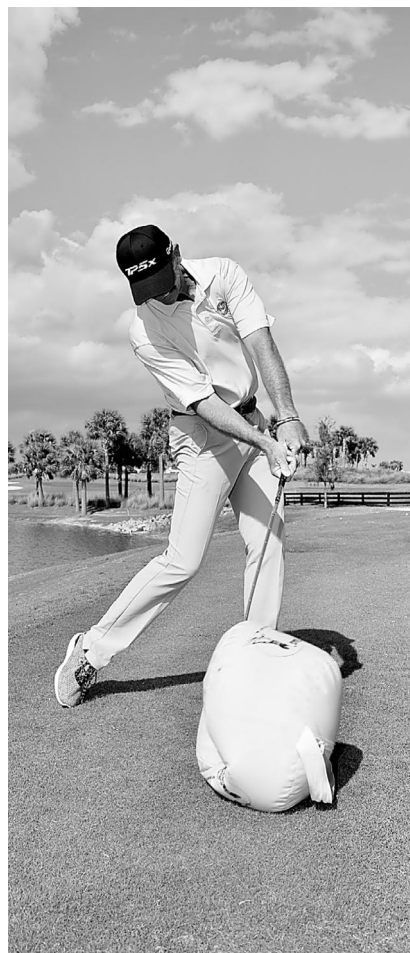
IMPROVE BALANCE

The ground is the power source for any golf swing. The more force you put into the ground, the more is put into your swing. Dyna-Discs are very unstable, and that instability forces the player to stay low to the ground in order to keep balanced in their lower body as they swing. In addition to swinging a club, players can throw a medicine ball while the discs to learn how to keep their lower body balanced as their top half moves.



SMOOTH TRANSITION

Golfers can turn to other sports to help improve their technique on the course. For example, a baseball mitt and ball can actually be training aids. The throwing motion is a good facsimile for the golf swing's transition. As a baseball player starts their throw, they are striding forward while their arm reaches back in the opposite direction. The dynamic change of direction and hip turn is a similar motion to what a golfer makes to start their downswing.



BRING THE POWER

An impact bag can help players strengthen the muscles they use right as the club head meets the ball during their downswing. Using a weighted club, players should make repeated strikes into the bag, swinging at or nearest their strongest. With all aids, repetition is key to improving their effects. Research has shown that 840 repetitions is right around the sweet spot in training. That's 40 repetitions a day for 21 straight days.



Photos by Bill Mitchell | Daily Sun

WHIP IT GOOD

Swing speed is key to unlocking more distance in your golf game. The Orange Whip is one of the more popular training aids to boost speed. The ultra-flexible club is anchored by a heavy orb, which adds significant resistance at every part of a golf swing. Just like with the other aids, players should use the club regularly in their training routines. All of the aids shown here, except for the baseball gear, are available for purchase at The Villages Golf Academy.



JOEY HIDOCK

Joey Hidock is a dedicated Class A member of the PGA of America with more than 25 years of teaching experience. He has worked with some of the best players in the world and caddied for PGA Tour player Tom Lehman.

How did you get into instruction? I couldn't afford sponsors, so I had to work and play at the same time. And while working on my own game and working with (biomechanics expert Dr. Ralph) Mann, I gained enough knowledge to become an instructor.

What has become your passion during your career as an instructor? I work with the program "Putting on Smiles." The program, endorsed by the PGA, partners with the Arnold Palmer Children's Hospital to get putters in the hands of sick children and encourage them as they get some fun through golf.

What is your favorite thing about teaching in The Villages? Based on my teaching system, Swing-Model, I never compromise. I don't compromise whether a player is blind or a wounded warrior, because we can put them in a SoloRider and get them to swing. The fun part is never compromising. Never letting a handicap limit us.

BOOK A LESSON

The staff of The Villages Golf Academy wants to help you with your game. To schedule a session with an instructor, call 352-259-8121 or 352-259-2077.