

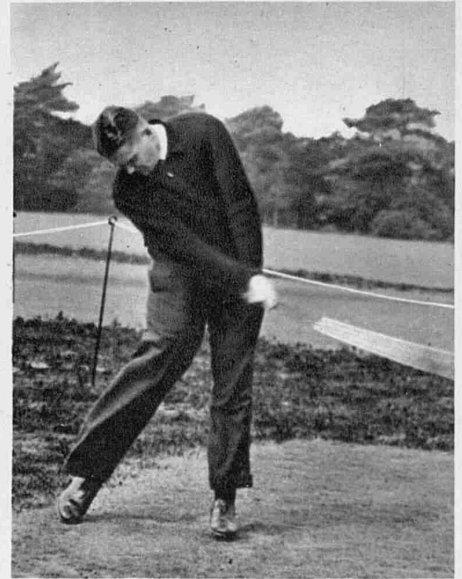
# HENRY COTTON ON GOLF



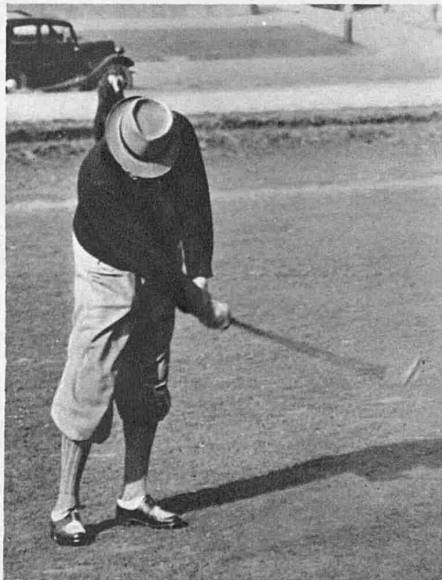
MYSELF.



PERCY ALLISS (*Ferndown*).



E. W. H. KENTON (*Beaconsfield*).



C. A. WHITCOMBE (*Crews Hill*).



J. ADAMS (*Hoylake*).



S. EASTERBROOK (*Knoke*).

## Head Down

I ALWAYS seem to drift back periodically to the subject of head down. A few photographs similar to the ones which accompany this article bring my mind back to this key of the golf-swing, or to the fact that I have been forgetting to do it myself.

It is a funny thing that golfers can play superb golf for a long period and never keep their heads down properly. I know this is true from my own experience, and from teaching, too. Not until they lose confidence a little by getting "under strain," and their swing shortens or quickens, do they become aware of this omission. It is strange, too, that it should be "nerves" that unearth this weakness.

A few weeks ago I played in an exhibition match, and among the quartette taking

part was an amateur golfer, a keen student of the game, with an international record, who played so poorly that he was despondent. I tried to help him during the play, but he had an attack of nerves, and could not look at the ball at all. His head simply jerked through to hurry his finish before impact was made, and so his shots went everywhere. I think there is a difference between head down and eye on the ball, although head down implies looking at the ball as well. Actually, it is possible to look at the ball well enough and long enough to hit it without keeping the head bent down.

To a beginner it seems impossible to satisfy his professor. His head is either up too soon or glued down too long—both produce bad results. To explain to a pupil that he must look at the ball long enough to see it hit, and then allow his body to go through with his head to make a smooth finish, is to tell him of a complicated movement, involving almost a stop in the middle of a swinging hit, and yet the crack golfers do this automatically.

### My Stiff-necked Friend

The question of build and the shortness of the neck play quite a big rôle in this head-down business. Those of you who see this page of mine regularly will recall that, on a visit to Scotland, I met a very keen golfer who, on account of a head joined to his body with a stiff neck (not the usual painful kind, but stiff through lack of use so that his head only turned when his shoulders did), had no pivot at all. I advised him to get his neck muscles looser, and to adjust his waistline so that his hips could move. This was in February. Well, this week I played with him again, and he was very much better.

He has been having massage regularly, and doing exercises to get himself in better physical condition, and his game has improved tremendously; and the better his physical condition, (*Continued on next page.*)