

Justin Rose

Performance

SNAPSHOT

If you haven't noticed, JR is *killing* it this year, earning roughly \$400K per start. The 37-year-old Brit has always been a ballstriking savant— using pressure instead of raw muscle to compress the ball on every swing. It's a talent all great players share—and one you need.

Analysis by Top 100 Teacher
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1

SIDE SWAP

Justin's arms appear to be pinned to his torso, but a split-second from now they'll be flying off his chest and up over his left shoulder. Meanwhile, he's applying downward pressure into the grip with his right arm and hand while pulling up with his left side. This right/left battle is your ticket for speed.

3

TILT & TURN

Rosie's right side is just starting to bend as his left side gets stretched upward and behind his feet. At the same time, his chest is catching up and shortly will rotate more open than his lower body. This synchronized opening shows how Justin has effectively conducted the energy from the ground through his body all the way to the clubhead.

2

WHITE KNUCKLES

Notice the white in his right index finger against the grip. There's a lot of pressure being applied onto that joint, through the handle and into the ball. No flip here, which is why JR compresses the ball and most recreational players simply swipe at it.

4

FOOT PRESS

This is what calm, powerful footwork looks like. Justin moves into his left heel without much roll of his left ankle. The right foot applies pressure into the ground through the ball of the foot. Justin's pressure technique here is flawless. Copy it.

4.83

Average number of birdies Rose makes per round (193 total). That's best on Tour (through the Memorial).

Photography by
RICHARD HEATHCOTE/
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