

Developing Your Back Swing

One of the easiest ways to develop a consistent back swing is by first establishing a good position of your body and club at waist height. From this position most of the backswing is complete and the only movement remaining is a slight swing of the arms upward and some additional cocking of the wrists to complete a full swing. Here's a simple and quick way to develop your back swing:

- 1) Take your address position with a neutral grip, parallel alignment to your target, proper posture and ball position. If uncertain what these positions are please refer to our tips on them.
- 2) Imagine a line across your shoulders and down your arms to the grip as a triangle. Create straight lines from your shoulders to wrists.
- 3) Stay in your posture, keep both heels on the ground and head relatively still, then turn your back to the target with the triangle intact.
- 4) Without swinging your arms at all during the turn, cock your wrist upward to where you form an angle of approximately 60-75 degrees with your left arm (for right handed players) and shaft. As you cock your wrist and form this angle also try to tilt the shaft of the club to where an extended line down the shaft to the ground points between the target line and your toe line.
- 5) Repeat this process until you can get the completion of the body turn and cocking of the wrists arriving at the waist high position simultaneously with the triangle intact

What this exercise helps you understand is how little of the back swing is actually done by swinging your arms. For most golfers approximately $\frac{3}{4}$ of the back swing is body turn and wrist cock. And while this does not ensure you will keep the club plane and clubface in proper alignment at the top of your swing, it helps you achieve an extended arc in your back swing and encourages those good positions happen.