



Build a Better Back Swing

Rotation in the backswing is a key component to good ball striking. This motion allows a path for the arms and club to get back to the ball. Not only is rotation important, but how the rotation is happening is just as important and it starts with set up.

Step 1: Yes we want to hit the ball from the inside, but moving farther away from the ball to accommodate will only make things worse. Set up close enough to the ball so in the backswing the trail foot is able to push the trail hip back.

Step 2: To help feel the trail foot pushing the trail hip up and back, practice with a cable or band from the ground. As you pull the cable back with your trail arm, feel how your trail foot is pushing your hip back and away.

Step 3: The hips and shoulders need to work approximately 90 degrees around the spine. Since our posture puts us in a bent over position, our trail side will be higher than the lead side in the backswing. To achieve this feeling, place a club across your shoulders and practice feeling your shoulders rotating 90 degrees around your spine angle. Now, set up to a ball with the club across your chest and pair this motion with standing close enough to the ball that your trail hip back and up and your shoulders work around your spine. This combination is an absolute game changer in providing enough space for the club to return to the ball.

Step 4: Now we are ready to put it all together. Set up close enough to the ball where you have the ability to make your trail foot push. As you take the club back, force goes into your trail foot allowing you to push your hip up and back. A simple "feel" to blend is lead shoulder goes down and trail hip goes back and up. This blend of set up and body rotation around the spine angle supports and stabilizes the momentum of the golf club working on the swing arc.

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