

Week 4 Long Game - Backswing

This week we are going to discuss the back swing , and, more specifically, a fault I see almost every day on the practice tee. It occurs when the player takes the club away too far behind themselves early in the backswing. (pic. 1)



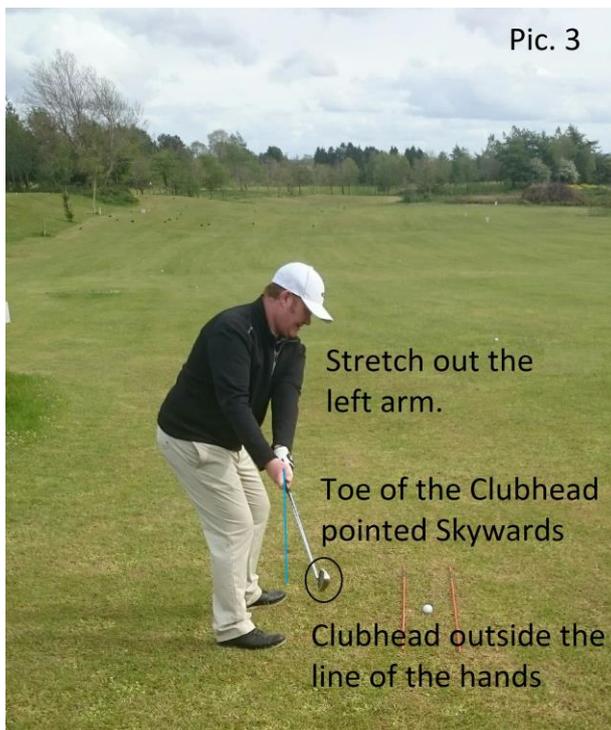
From this position it's extremely difficult to send the ball in the desired direction on a regular basis. By taking the club behind us too early, not only are we bringing the club back off plane but also, it can contribute to reverse spine angle, improper weight shift and straightening of the back leg at the top of the backswing. (Pic. 2)



All of these issues lead to improper strikes i.e. hitting the ground before the ball or hitting the top of the ball as well as hitting the golf ball off line.

Try to incorporate these points to make your backswing more efficient.

- Push the club away low with your left arm. The reason I like to focus on the left arm for this is because it will also help the left shoulder to turn and travel underneath your chin.
- Keep the clubhead outside the line of your hands until the shaft of the club reaches parallel with the ground. This encourages width in the backswing by extending the club and left arm away from the golf ball. (Pic. 3)



- Keep turning. By continuing on from the initial move, your weight will gradually shift on to the right leg. At the completion of your backswing the majority of your weight should be on the inside of your right foot giving you a neutral spine angle.(Pic. 4)



If we can complete the backswing in this fashion(Pic. 5) it will give us the best opportunity to return the club to the ball in a more reliable way.



If you have any specific questions regarding your golf swing you can email Eddie on [eddietraceypga@yahoo.com](mailto:eddietraceypga@yahoo.com) and he will endeavour to address them in future articles.

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