

"Build a better backswing in 3 steps"

Step 1—Takeaway

- Tempo-low and slow
- Keep the triangle formed by your shoulders and arms in tact for the first 2 -3 feet the clubhead moves.
- club head remains outside hands
- shoulders move 90degree to spine angle
- trail arm/low hand (right for RH) higher than lead

Step 2 -Wrist Hinge until lead arm parallel

- *Top hand (left for RH players) wrist hinges flat (not bowed or cupped)*
- *Bottom hand (right for RH players) hinges "side to side with slight pronation"*
- *Do not over hinge past 90 degree to your lead arm*
- *Hinge on plane - butt end of grip points at or just inside the target line*

Step 3 -Pivot to the Top

- *Move your left shoulder under your chin if possible*
- *Feel weight move inside your back leg thigh (Right thigh for RH players)*
- *Left arm straight as possible and right elbow will fold and point to the ground (for RH players)*
- *Left arm matches shoulder plane*
- *For RH players the left knee will flex more and point more toward the ball as the weight shifts inside the right thigh*
- *Hips will turn 45 degrees from their original position (for longer shots especially)*

"Check your Swing Plane" - when your left arm is parallel to the ground, shaft should parallel shaft line at address

Tom Watson's Takeaway



Aaron Baddeley Wrist Hinge



Tiger/Luke Donald/Michelle Wie "Pivot to the Top"

