

Articles and Tips - Swing to Turn

As my first contribution to Avid Golfer Magazine, I would like to say; "my goal through out this year of instruction articles is to write material that will help all skill level players."

This first tip is golf homework and should be done in front of a mirror from your golf posture. This homework is threefold and is designed to organize a proper impact with the arms, hands and body.

The purpose of the first exercise, as the first set of pictures illustrates, the feel of the proper body rotation from address to a balanced finish. I would encourage 5 minutes of this drill, holding the backswing rotation for a count of 10 and then completing the follow through and 5 minutes of this drill in a fluid motion. This can be done with a golf club, but I prefer a weighted bar.



The purpose of the second exercise, as the second set of pictures illustrates, to blend the arm swing to the body rotation. Allow another 10 minutes for this drill and develop and awareness of the arms in front of the body. The idea is to learn an equal amount of body rotation and an equal amount of arm swing. This can be done with a small beach ball, but I prefer a medicine ball.



The purpose of the last exercise, as the third set of pictures illustrates, to develop a proper impact position with hands winning the race and the club-face square. Allow another 10 minutes for this drill with the idea of combining the feel of the first two exercises with a club. This can be done with a duffle bag filled with towels, but I prefer an impact bag.



This golf homework is perfect for the player that has a limited amount of practice time and bad weather days to keep in golf shape. Consider this, when playing, swing to create your turn, never turn to create your swing.

Great Golf, Neil Wilkins
