

Articles and Tips - Transition



◀ The transition from backswing to downswing with control of the shoulders is the key to a successful downswing. This golf tip is for the off season with the sun going down early and some rainy cold days spend some time in a mirror and work on your transition.

It has been written so many times that the downswing starts from the ground up. Essentially, the problem is this, most players start the downswing by turning the shoulders. Consequently, they end up swinging across the line from “out to in”, with the shoulders open at impact. I feel this wrong movement of the shoulders is due to the fact most players slice and they are trying to get the ball from curving to the right all the time. Or when the club swings back to flat in the backswing it will tend to come down to steep on the downswing.



◀ Learning control of the shoulders at the top of the backswing will become much easier with some mirror work. The transition key works like this; At the top of the backswing you must hold the shoulders fully turned as the arms begin down. To achieve this feel we must be in a correct body position at the top of the backswing, as the arms start down they drop with the hips moving in a lateral motion to the target. The hips have a lateral shift prior to their turn at impact. Halfway down, when the hands are waist high the wrist should still be fully cocked, the hips square to the target and the shoulders still turned 45 degrees. This position will help give you the best chance of delivering the club from the inside.

This winter take some time in a mirror and swing a club up to the top and hold the shoulders as the arms drop then feel the arms raise back up to the top and drop the arms again and again until you can feel in control of the shoulders staying back. By the new season of 2002 you just might have a nice little draw verses that dreaded slice.