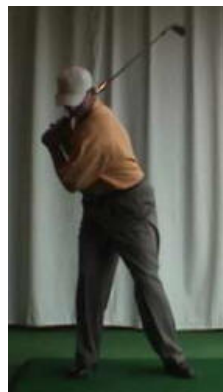


## Articles and Tips - Width in Backswing

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Four Steps From Narrow to Wide

This drill is to help get a feel of width in the position at the top of the backswing.

It is great for the player that swings their arms past their rotation at the top of the backswing as shown here.

I would not suggest hitting any balls from this drill until you can clip a tee out of the ground every time. Then place a ball on the tee and try it.

Step one, set up with a 7 iron to hit a full shot with a tee in the ground. Save a ball for later.

Step two, stay in your posture and lift your hands and arms until they rest against the middle of your chest. The shaft should be pointed over the right shoulder for a right handed player.

Step three, rotate your body keeping the arms against the chest. Rotate your "core" until your back faces the target and the weight is over the right side for a right handed player.

Step four, extend your arms away from the chest and feel this position at the top.

This should create a feel of width with the arms in front of the body. From this position learn to clip a tee from the ground before trying hit a ball from the tee.

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