

‘Load Up’ Your Backswing for More Power

Your backswing is where you build up your power so you can release all your power into the downswing.

Let’s discuss how you make a powerful, wound-up backswing:

Your left arm (right arm for lefthanders) swings straight back along the target line while you turn your upper body and make a full shoulder turn. Keep the arm and shoulders moving together. I like to tell my students that the arms and shoulders are free to move, but they are not working independently of one another. Keep your lower half – your hips, legs and feet – as quiet as possible! By doing this, you create a tremendous amount of torque in your backswing. If you are doing it properly, you should feel tension in your midsection and on your back leg. The feeling should be that you can not hold that position for very long! That is a good sign.

I understand that golfers have different amounts of flexibility; so if you can only turn your shoulders so far, that should be how far you swing your arms. Keep them connected; do not let your shoulders outrun your arms, and vice versa.

The pictures below demonstrate two things: **Picture # 1** is a good drill for practicing your shoulder turn. Place a club or broom behind your shoulder blades, take your posture, and make a full turn going back. Keep your head quiet, keep your posture, and feel the pressure being built up in back leg.

Picture # 2 shows the path of the club going back along the target line in the backswing. You are NOT lifting up the club; rather you are SWEEPING the club back LOW and along the target line. Your shoulder turn will bring the club up, do not worry about that!



Picture #1
A Backswing Drill
Turn, and keep Posture



Picture #2
Swing Back Low, Straight Back
along target line

NEXT ARTICLE: HOW TO UNLOAD YOUR POWER IN YOUR DOWNSWING