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# Teaching Corner

## Welcome to the Second Edition

### First Position of the Backswing

The first position of the backswing is very critical in ensuring the rest of the swing is void of any bad habits. If the backswing doesn't start on plane than the rest of the swing becomes a bundle of compensations because its important to note that the golf swing is action, reaction. Therefore if your backswing is out of position then it's more than likely the downswing will be out also.

All correct teaching starts by ensuring the technique and basic setup fundamentals are in place before the downswing starts. Of course there are quick fixes that can be put in place for the downswing to compensate for a poor back swing but this is not the way to go. Quick fixes are very detrimental to the longevity of a golf swing as time and time again when a student tries a quick fix they come back with a different problem. This is mainly due to the point that quick fixes focus solely on one problem caused by an incor-

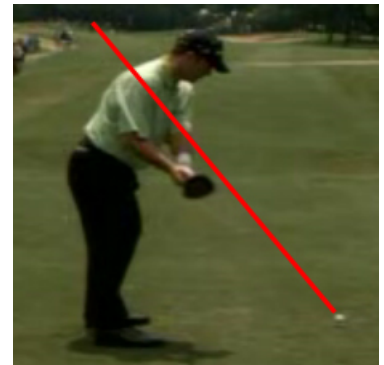
rect back swing or setup position therefore if any other aspect in your swing changes in the mean time then your quick fix becomes irrelevant and in fact a hindrance to your progress.

However we've all been there and experienced the rush that a quick fix has but also the other side when a quick fix starts to fail and end up hitting it worse than when we adopted it in the first place. The biggest message out of all this is that if you're prepared to build your golf swing from the 'ground up', you will build a long lasting, effective swing.

Now the first step is creating a correct takeaway. This is achieved by ensuring that when the club reaches parallel to the ground, the club should be going along your feet line. (provided that your feet are parallel to the target) coupled with having the toe of the club pointed to the sky. The upper half needs to start the swing followed shortly after by the lower half. Make sure that when you do move your lower half your left knee is quite passive with slight hip

turn. All up in the Backswing the hips turn 45 degrees, the left knee 20 and the left shoulder 90. When you do take the club away make sure you're taking it away with your left shoulder whilst starting to hinge your wrists at the same time.

A swing path that is too upright will cause the club to travel on a vertical plane hence causing a slice while an inside path will cause the path to be quite flat and therefore causing a draw. There are of course exceptions to the rule.



Rod Pampling displaying the desired position.

### To Move Or Not To Move The Head?

This issue is quite a controversial one. Long Story short it's okay to move your head a little as long as it's going in the right direction.

On the Backswing the head can move a little to the right and the downswing a little to the left. When I say a little I mean a little.

The last thing you want to do is reverse these directions with the head moving to the left and then the right. This will invari-

bly cause an incorrect weight transfer usually resulting in a reverse pivot.

Also as much as you can try keep your head on the same level throughout the swing, meaning not moving it up or down. This will ensure consistency of impact.

The ideal position for the head and consequently what I teach is keeping the head on the same angle and height throughout the swing. Setup

with your head slightly behind the ball with your eyes peeled at the back. Then keep it in that same position throughout the swing.

