

The Objective of the Golf Swing

The objective of the golf swing is to produce club head speed or maximum club head velocity. To achieve this objective, the club head must be returned to the ball on an inside to straight swing path/ or shallow angle of approach with a square clubface at impact.

A Repeatable Golf Swing

There are three simple keys to a golf swing; control of distance, direction, and trajectory over the golf ball.

Description of the Golf Swing

Because the ball is in front of you and on the ground the golf swing must be an underhanded, sidearm motion. This can only be achieved by moving our bodies in a rotary motion.

Essentials For a Repeatable Golf Swing

- The Grip is the Steering Apparatus of the Club head. The left wrist is the steering apparatus of the clubface..
- A weight transfer is created by rotating your hips and shoulders properly. This is influenced by the one-piece takeaway which creates extension of the arms, transfer of weight, and the turning motions of the shoulders.
- Moving the left shoulder six inches in the backswing and the right shoulder 18 inches in the follow through will allow the arms to create the proper extension.
- As the left forearm rotates, the shaft of the golf club seeks the right shoulder. The right elbow and forearm create width at the top of the swing. The cocking motion of the wrist should remain passive and the right wrist never overtakes the right elbow at the top of the swing.
- At address the upper spine is tilted slightly behind the navel. It remains in that position until the top of backswing. This allows the shoulders to turn at 90 degrees and the hips at 45 degrees.
- A constant spine angle from address to impact is created by turning the shoulders at a right angle to the spine.
- To create space for the arms and accommodate the turning of the shoulders, proper hip motion is required. To achieve proper hip motion the right hip turns on top of the right heel in the backswing and then around the left heel in the follow-through.

- The elbows should point downwards throughout the swinging motion in order to control the swing plane and the radius of the swing arc. Always feel that the arms stay in front of the shoulders throughout the swing.
- To transition from the backswing to the downswing allow the left knee and hip to move laterally, drop the arms and maintain a wrist cock. This is achieved by the lower body moving before the club arrives at the top of the swing.
- Sequence your downswing in the following order; left knee, left hip, left shoulder. These will move laterally first towards the left foot and leg and then rotate into a target facing position.
- Movement in the golf swing starts from the core of the body, not the hands. The swing plane is caused by correct posture, correct distance from the ball, and the correct turn. The right elbow also contributes to proper swing plane. Different clubs create different planes.
- Common observations on impact:
 1. The weight is on the left side and air is under the right heel.
 2. The right knee is inside the toe line.
 3. The hands are on top of the ball.
 4. The right elbow is in front of the right hip.
 5. The shoulders are square to slightly open depending upon the player.
 6. The hips are open and in front of the shoulders.
- Common observations on follow through
 1. The left shoulder is clearing up and around to allow the right side to work under and towards the target.
 2. Both arms are fully extended allowing the clubhead to stay on the ball line and outside the hands.
- Common observations on the finish.
 1. The right shoulder is ahead of the left shoulder.
 2. The hips are fully rotated with no visible gaps between the knees.
 3. The body is completely still and balanced with the palms facing forward and backward. The player is watching the height and flight of the ball.

