



Talking in the 19th Hole

WEEKLY TRAINING 6

START THE BACKSWING WITH THE SHOULDERS. Address and takeaway cause most swing technical problems. Two closely related mistakes are holding the grip with the palms and initiating the backswing with a dominant hand movement.

The upper part of the body, and especially the shoulders, generate the movement that moves the club in the takeaway. The ability to initiate the backswing with a dominant shoulder movement is directly related to holding the grip on the fingers. Holding the grip in the fingers returns to passive hands and active shoulders. On the other hand, holding the grip in the palms activates the hands and deactivates the shoulders.

Experience has taught me to distinguish when a player initiates the swing with a dominant hand movement with the naked eye. To sensitize the player to his mistake, I ask him to take his address. Immediately I take his hands gently. Then I ask him to do the backswing. The player tries to start with his hands, but I squeeze his hands not to start. In this way, I make the player feel like he is using the strength of his hands. Next, I ask him to put his hands on passive and start the movement with his shoulders.



At the beginning of the backswing, the shoulders, chest, abdomen, arms, hands, and club move in synchrony, generating the main movement in the shoulders and transmitting it in the order mentioned above. Let's look at some exercises to start the backswing with a dominant shoulder movement:

- Butt end of the club - navel. In the address, take an iron from the shaft with the standard grip. Place the butt end on the navel. Turn shoulders and chest up to ½ swing keeping the club connected to your navel and your arms extended.



- Synchronized hands. In regular address, remove your right hand from the grip, extend it over the club, and parallel it. Turn your shoulders up to ½ swing keeping your arms extended and your right hand on your left hand.



- Club lying down. In address, hold a club lying down with your hands outstretched. Turn your shoulders and chest until the club is perpendicular to the target.



- Ball - chest. Take the regular address, and instead of a club, hold a ball with your fingertips. Turn your shoulders, chest, and abdomen up to ½ swing. Keep the ball in front of your chest as in the address.



- The glass with water. In address, hold a glass full of water with your left hand and hold the club with your right hand. Turn your shoulders up to ½ swing keeping the water in the glass stable. It is an adaptation of the classic image of the bucket.



- The shoulder-to-hand race. Imagine that the shoulders and hands start a race reaching the takeaway position at the same time.



<https://www.youtube.com/watch?v=2RyKq7E0wwo&list=PLADCF34CE3DF4F66&index=3>
<https://www.youtube.com/watch?v=fv5PCbVYe1k>
<https://www.youtube.com/watch?v=15EhDIRDQgs&list=PLADCF34CE3DF4F66&index=26>

Starting the backswing with a dominant shoulder movement will make you a better player. **FORE.**

Note: If you are subscribed to www.handy.golf, you receive the file with all the images of the exercises.

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