

PIVOT DURING YOUR SWING, STAY IN THE BARREL, AND SAVE THE SWAYING FOR THE DANCE FLOOR

Once you establish a good set up at your address position with regard to grip, posture, ball position and alignment, the two major aspects of your swing that remain are your swing plane and body pivot.

To execute the proper body pivoting during your swing it is important to understand that it is a rotational hip and shoulder coil, where the primary goal is to help you establish good balance, power and consistency. To get the sensation of how this pivoting movement feels, set up in your address position then imagine you are standing inside a barrel up to your waist. With your feet approximately the width of your hips, and keeping your knees inside your feet, picture staying inside the barrel and turn your back to the target, or make as close to a 90-degree turn with your shoulders as possible. Try to keep your back knee flexed and weight on the inside of your back ankle. If done properly you will find your head centered between your feet and your hips turned approximately half that of your shoulders in a coiled position at the finish of the turn back.

To pivot forward, again keeping your knees inside your feet, stay inside the barrel and lead the turn back with your hips. At impact your hips should be approximately 45 degrees open, shoulders parallel to the target line, and weight on the inside of your forward ankle. Finish your swing completely facing the target with your hips and shoulders centered over your forward foot.

Remember..... you pivot on the course and sway at the dance!