

Staying Connected & Swing Sequence

Have you ever wondered how you can go out and hit the ball great one day, and then the next day, it doesn't seem like you hit the center of the clubface once. A lot of that usually has to do with the type of swing you have. I am a big believer that swinging connected is vital to producing consistent swing sequencing and results in the golf swing. Those players that have developed a swing in which they use the bigger muscles to control the swing usually are more consistent ball strikers day in and day out.

Getting Started...

I always want to feel like I start my swing with the turn, and I let my turn move the club back on the takeaway. What I see too often is a player start the club back before they start to rotate - when this happens they are making it harder for themselves to swing in sequence.

Another common problem I see amongst my students is rushing the transition from the backswing to the downswing. If a player rushes the transition, they leave no time for their body to start rotating through the shot. Also, a quick transition doesn't allow a player to get the club working down into the slot, and often results in an over the top path.

A Drill to Work On...

Swinging in slow motion - Feel the body move the club back to start the swing
Rehearse your swing sequence as your transition from the backswing to downswing, starting with the lower body and working up.

Put a ball in your right hand. Make a practice swing with the ball in your hand. Pause at the top of the swing. Your first move in the downswing you should feel like you are throwing the ball behind you - not in front of you.

For more tips check out the my website of follow me on social media!

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