

# It's All In The Hips!

If you have had a chance to check out some of my videos in the past you are probably well aware how important I think rotation is in the swing. Hips play an important role in the swing sequence, and if are not used properly, can lead to bad swings, and unsuccessful results. Here are a few quick pointers to get you to use your hips properly and hit more consistent shots.

## ***Getting Started...***

- Eliminate the sway - We don't want our hips to work horizontally on the backswing away from the target because this moves our center of gravity behind the ball.
- Don't Dip - We don't want your lead hip dip on the backswing, as this results in an improper spine tilt towards the target and more weight on the lead foot - which will result in the reverse on the downswing and a spine tilt away from the target.
- Rotate the Trail Hip Back and Around - The trail hip should move back and around.

## ***A Drill to Work On...***

Start by putting an alignment stick through the front two belt loops on your pants. Only have it sticking out a little bit on the trail side if you are going to take full swings.

- Take some swings and focus on how the alignment stick is moving.
- Make sure that it is rotating and staying relatively level - it will dip slightly on the lead side.
- The lead side of the alignment stick should rotate back towards the ball.
- If the lead side of the alignment stick moves very little you are not rotating your hips enough in the backswing - which will either make it hard to rotate at all through the shot or will give the hips a head start on the downswing and mess up

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