

Lesson #6

MORE ABOUT THE BACKSWING

Our last lesson left you in a rather awkward position with the club-head in mid-air, while you were asking your professional just how much turn was best suited for your physical build. I hope you aren't still standing in that position - waiting to find out what to do next.

Now that you have made your proper pivot as prescribed, your wrists should begin to cock so that your left arm may remain straight and your right elbow kept fairly close to your body. When your wrists are fully cocked and the head of the club points towards the distant objective, you are ready to start your downswing. But that's another lesson, so let's get a few more pointers on the backswing.

One often hears that a player is too fast on the backswing. That usually means that the player is abruptly lifting his club. However, when he starts his backswing slowly, he remembers not lift the club-head. The stars do not have slow backswings, because their club-heads flow back smoothly. These stars also slow-up or pause at the top of the backswing which makes for better control. The average player may encounter trouble trying to cultivate this complete pause and may get better results by slowing up at the top of the backswing. Complete mastery of the club at the top of the backswing controls the shot.