

CLUB BEHIND THE SPINE SEQUENCE

Purpose: Improves ability to address the ball with the proper spine posture.

Benefit: Increases golfer's ability to achieve proper posture at address, a neutral "power" position and to make a bigger shoulder turn.

Instruction:



Club behind the Spine standing drill.

#62 Level 1:

- Feet hip width apart, knees slightly bent, club should be placed vertically along spine.
- Pelvic tilt attempting to flatten low back to club (achieving neutral pelvic tilt)
- Shoulder blades slightly squeezed, chin tucked to lengthen neck, extending it as close to club as possible.
- Hold 8-10 seconds and relax completely



"Primary Tilt" Side view



"Primary Tilt" Back view

#63 A+B Level 2:

- After mastering level 1, hinge at your hips, flexing hips forward to see the ball, maintaining your straight spine against the club.
- Hold 8-10 seconds and relax completely.

Re-Educate



Re-Educate



“Secondary Tilt”

#64 Level 3:

- After mastering level 2, first move into primary spine tilt, then slightly tilt entire upper body to the right as you shift your left hip forward (toward the target). This allows your shoulders and hips to stay parallel to each other to ensure the spine is correctly positioned at address.
- Hold 8-10 seconds and relax completely.



Address position Side view



Address position Back view

#65 A+B Level 4:

After mastering level 3, bring your club down to address the ball.