

SWING CONNECTION DRILL



78 A: Side View



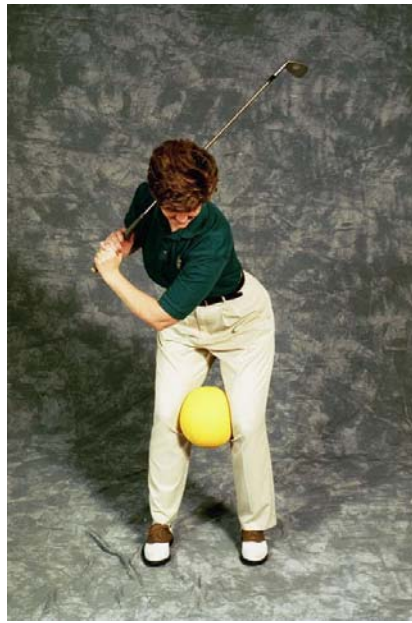
78 B: Side View



78 C: Side View



79 A: Front View



79 B: Front View



79 C: Front View

Purpose: Improve ability to maintain proper connection between arms and shoulder blades into top of backswing.

Benefit: Train arms to stay connected at top of the backswing, not allowing hands to stray from center of chest.

Re-Educate

- Instruction: **A:** Stand in power position resting club on right shoulder, hand on golf grip.
- B:** Turn into backswing, keeping slightly bent knees pointed forward and shoulder blades squeezed and parallel to swing plane.
- C:** Reach hands away from body in center of chest, left elbow straight, right upper arm parallel to spine angle.

Quantity: Reps _____ sets _____ hold _____



Re-Educate

