



Swing Connection Drill

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

Instructions:

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 _____



Side view A, B,C



Front view A, B, C