



## Trunk Rotation With Ball Between Knees

Purpose:

Improve balance into backswing, improve rotation into backswing.

Benefit:

Train body to find ideal turn into backswing.

Instructions:

Stand in power position, place soccer/basketball between knees, hold club in front of chest with arms apart, turn into your backswing, keeping knees slightly bent, pointed forward.

Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_

