



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.

Instructions:

#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



#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.

