

In our previous article on Leg Action, we saw how the greatest players all changed flexion in their knees during the backswing, to varying amounts. This leg action combined with the correct posture at address sets up the next key to hitting longer straighter shots!

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HAND PATH - BACKSWING

This is one of the most important elements to producing a ball flight that curves right to left with a draw (for right handed players) **eliminating that slice** to the right! As we allow the lead knee to bend and the trail leg to straighten, the hips and shoulders turn in a circle, providing a greater degree of freedom in the backswing for the hands to create depth.



As you can see in the pictures above, not changing the knee flex restricts the amount of hip and shoulder turn! When a player keeps their legs flexed forward, the body stops turning. This adds painful pressure on the lower back as the hands move upwards rather than continuing back, up, and inward on an arc.

The bottom row of photos demonstrate the proper upward and inward arc of the hands, increased hip and shoulder turns, and stress taken off the lower back! This hand path is not only a commonality of the world's best players but a great way to swing with less back pain!

