

In our previous email, we talked about the importance of **foot flare** and how that makes it easier for the body to **push, turn and extend forward and upward** in the follow through. It also allows us greater range of motion in the backswing, which we will address here.

STERLING FARMS GOLF ACADEMY

VOL.1 NO.4

LEG ACTION!

The fastest, easiest way to improve or **increase your shoulder turn** is with better **foot and leg action!** This move is also going to take stress off your lower back and shoulders!

The world's greatest players throughout the history of the game **changed flexion in their knees** in the backswing. Not every player has the same amount, but the best players have done it! Copy this move!



The **lead knee flexes** and the **trail knee straightens!** This allows the **hips to turn** more, allowing the **shoulders to turn** more, giving the lead arm a greater degree of freedom!

Players actively restricting their right leg have consequently had lower back, hip and shoulder issues! **AVOID THIS!**

