Golfswing

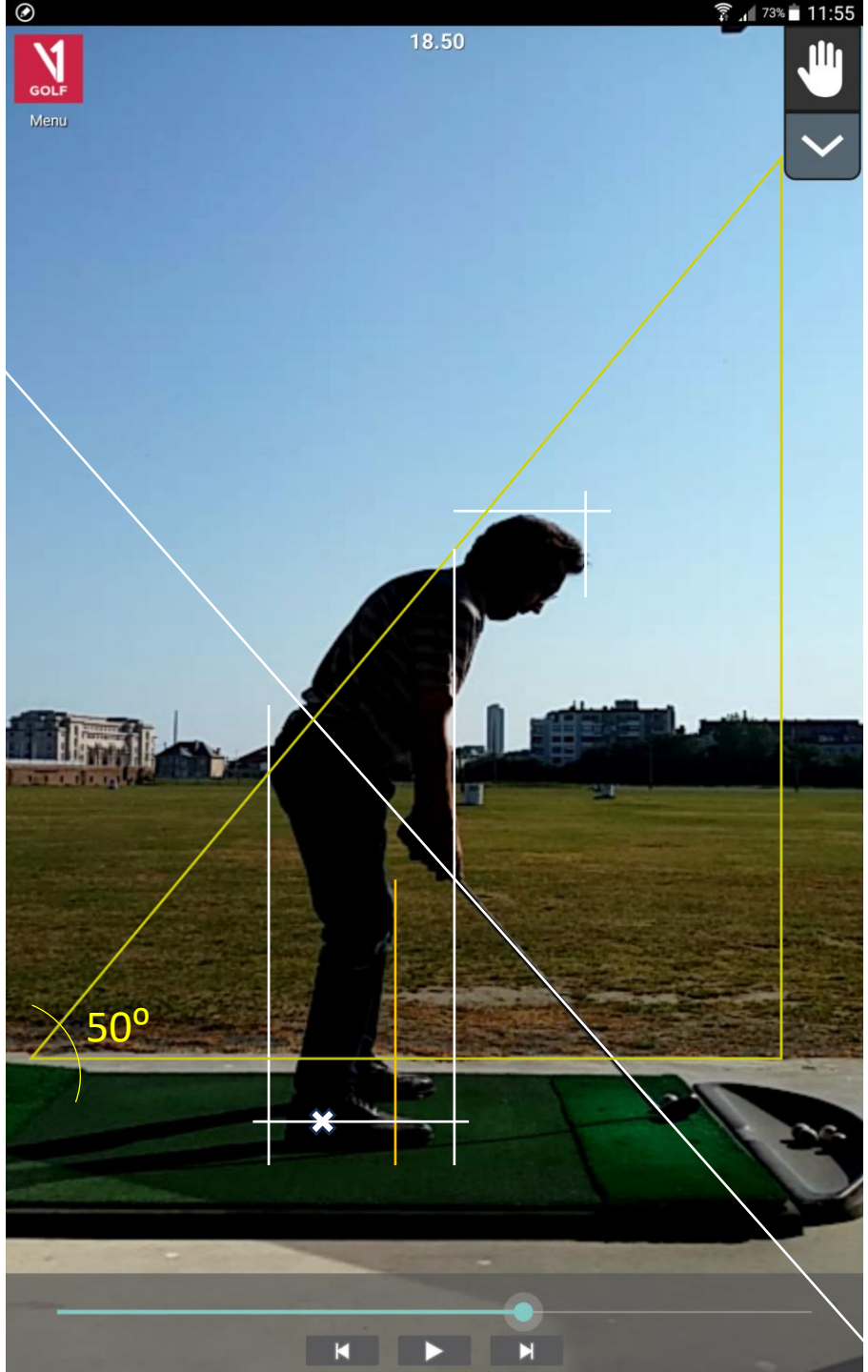
10 June 2023

Initial backswing plane

(+) Back spine is the main axis used during the golfswing

(-) Ankle should be in the middle of the 2 most outer vertical lines

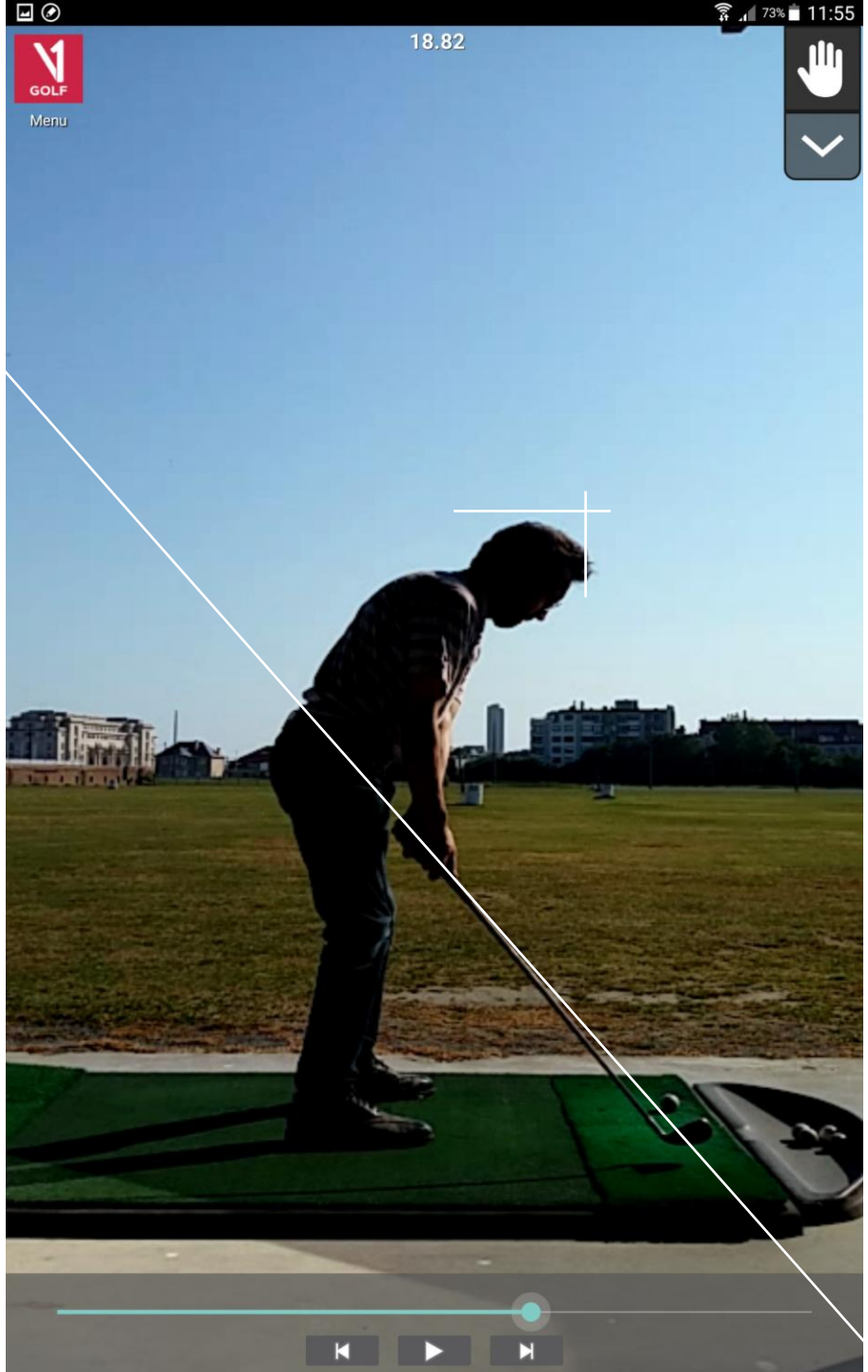
(+) Knees above the balls of the feet



(-) Head should remain stable

(-) Align the back of the head with the back spine

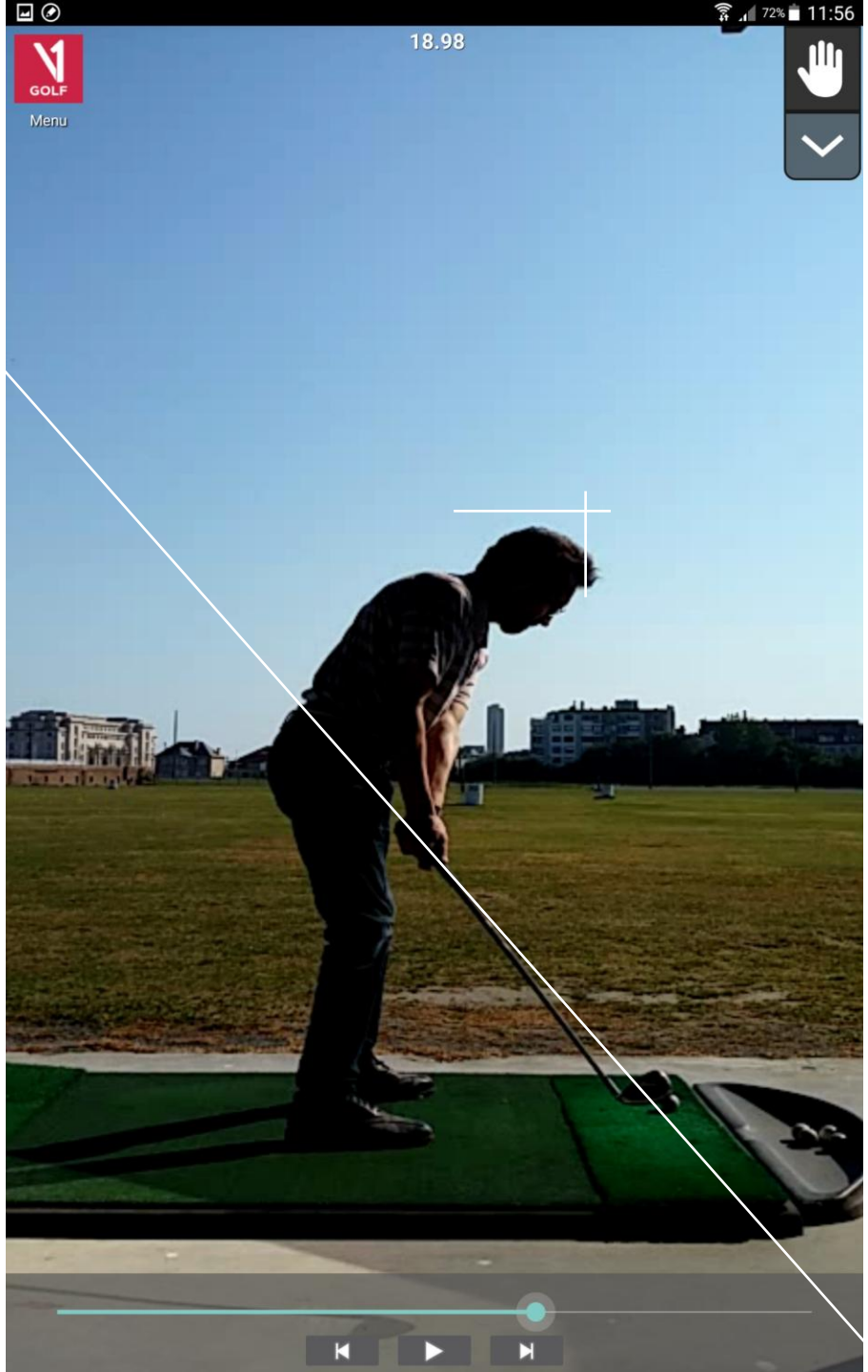
Initial backswing plane



(-) Head is dropping downward and moving foreward

(+) One-piece takeaway, shoulders are in the lead, hands are passive

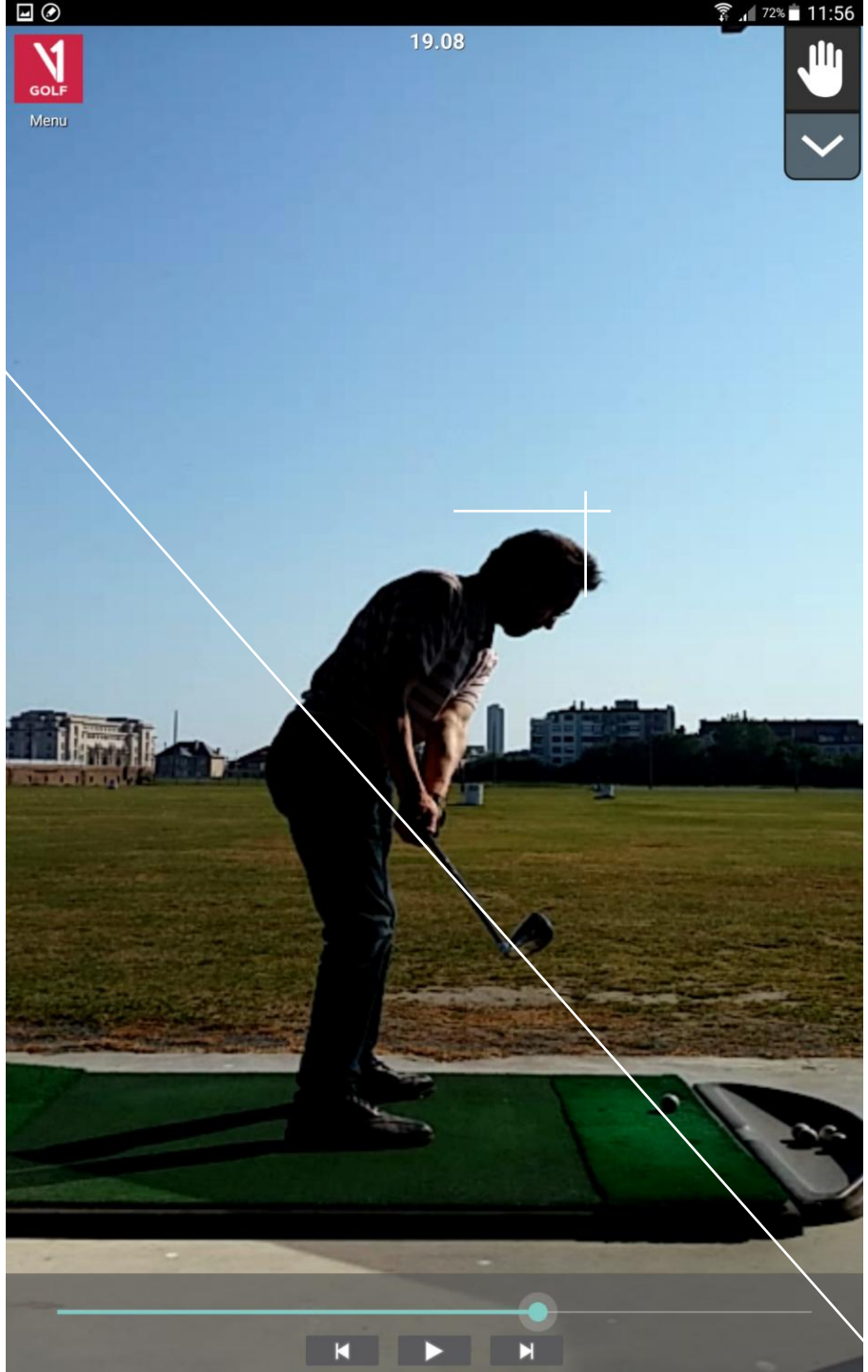
One-piece takeaway breaks down when the hands reach the right trouser pocket



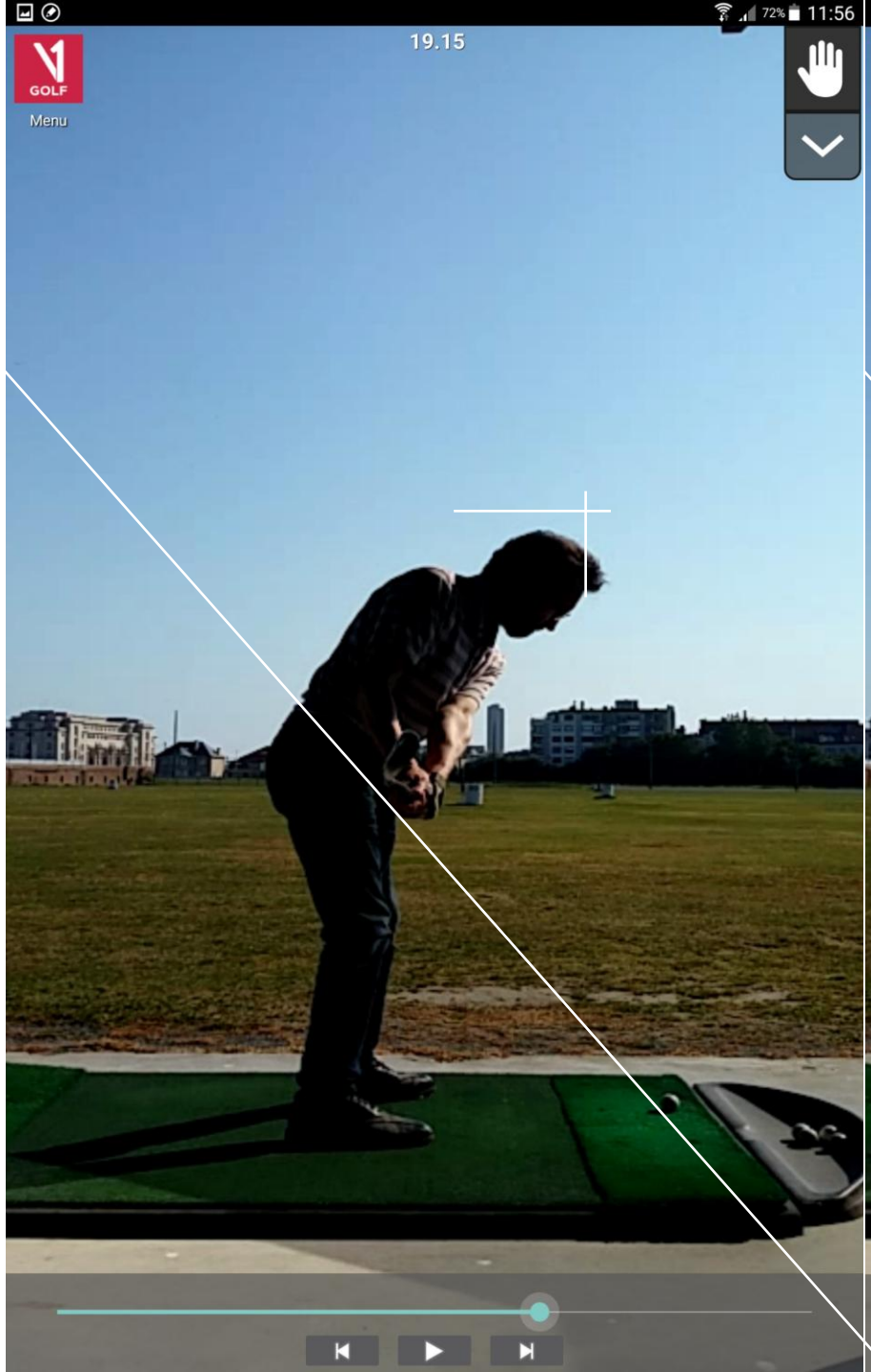
(+) Right hand cups using the thumb as an axis → clubhead on plane

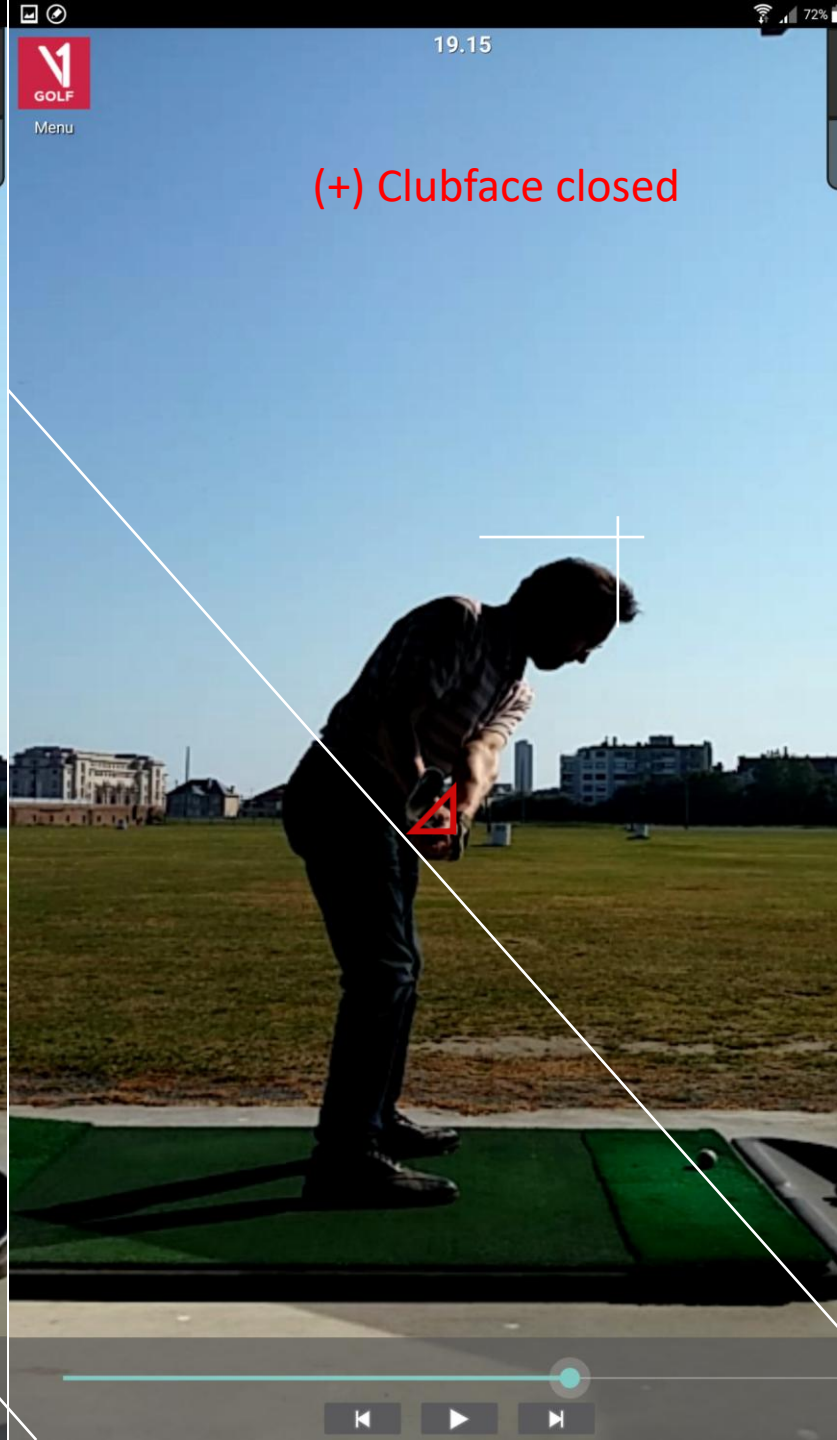
(+) Shoulders continue to turn around the back spine axis, until top of swing

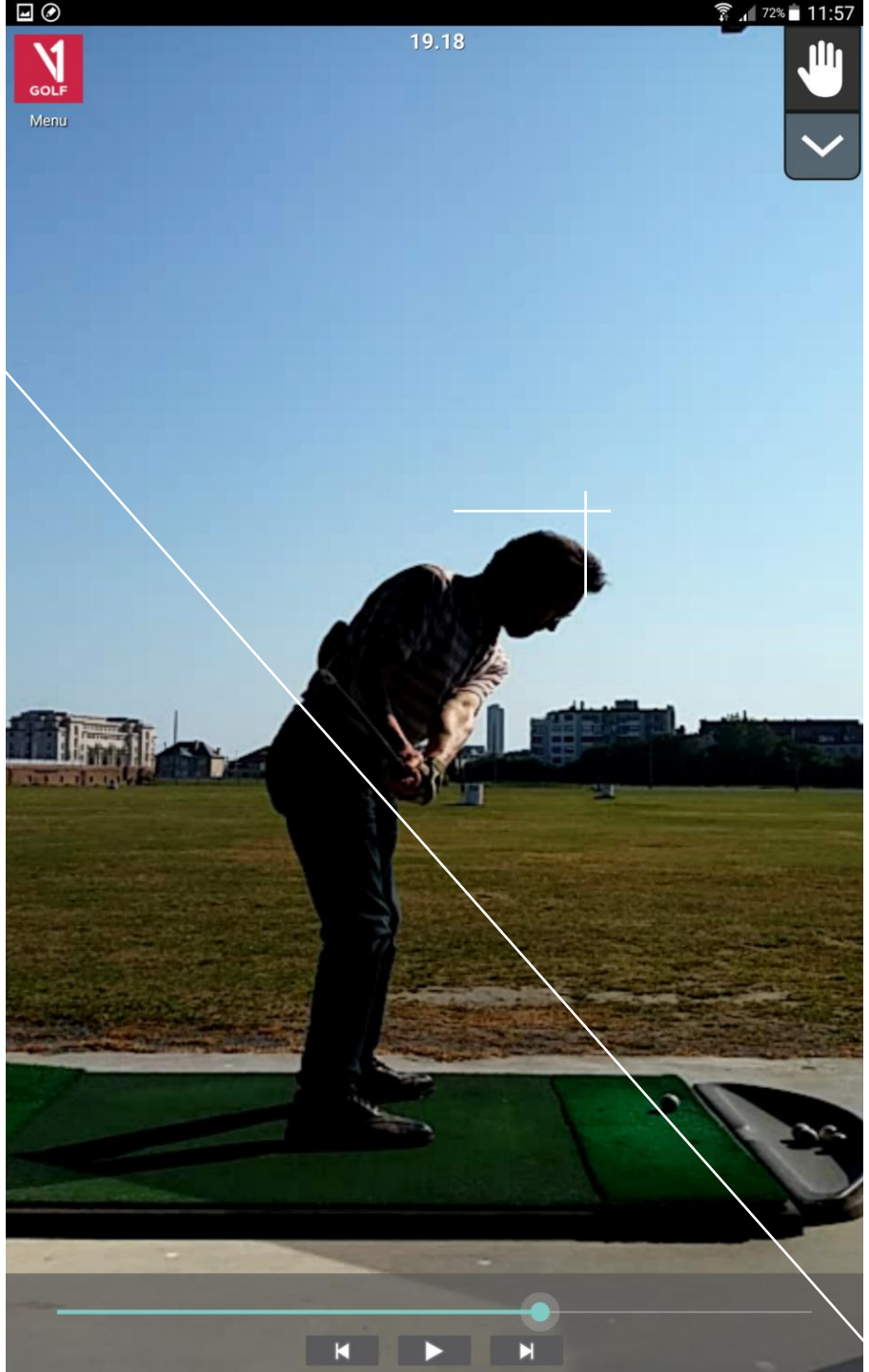
(+) Backswing is controlled by right arm strength

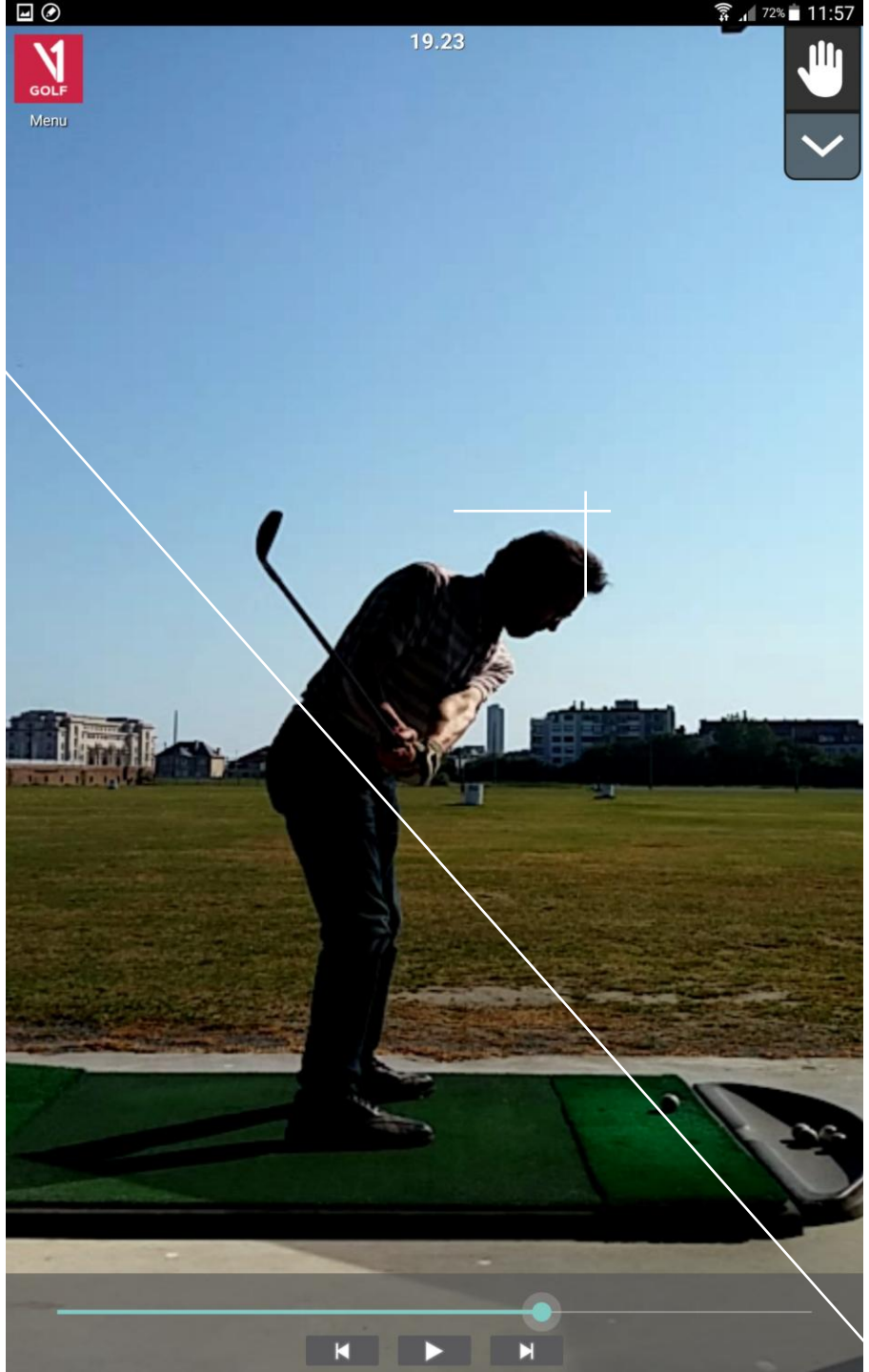


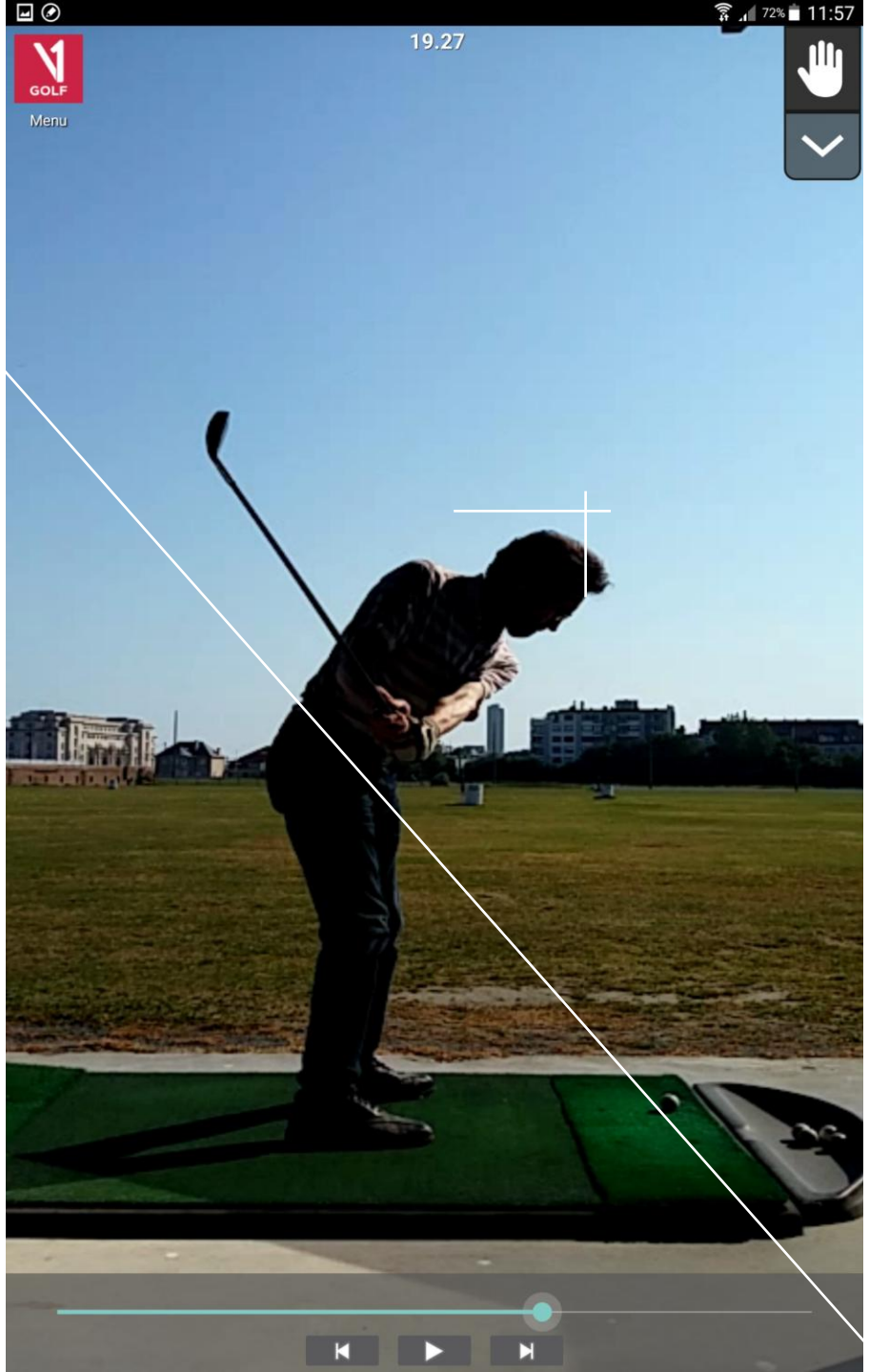
(+) Clubshaft in line with backswing plane, powered by the right arm

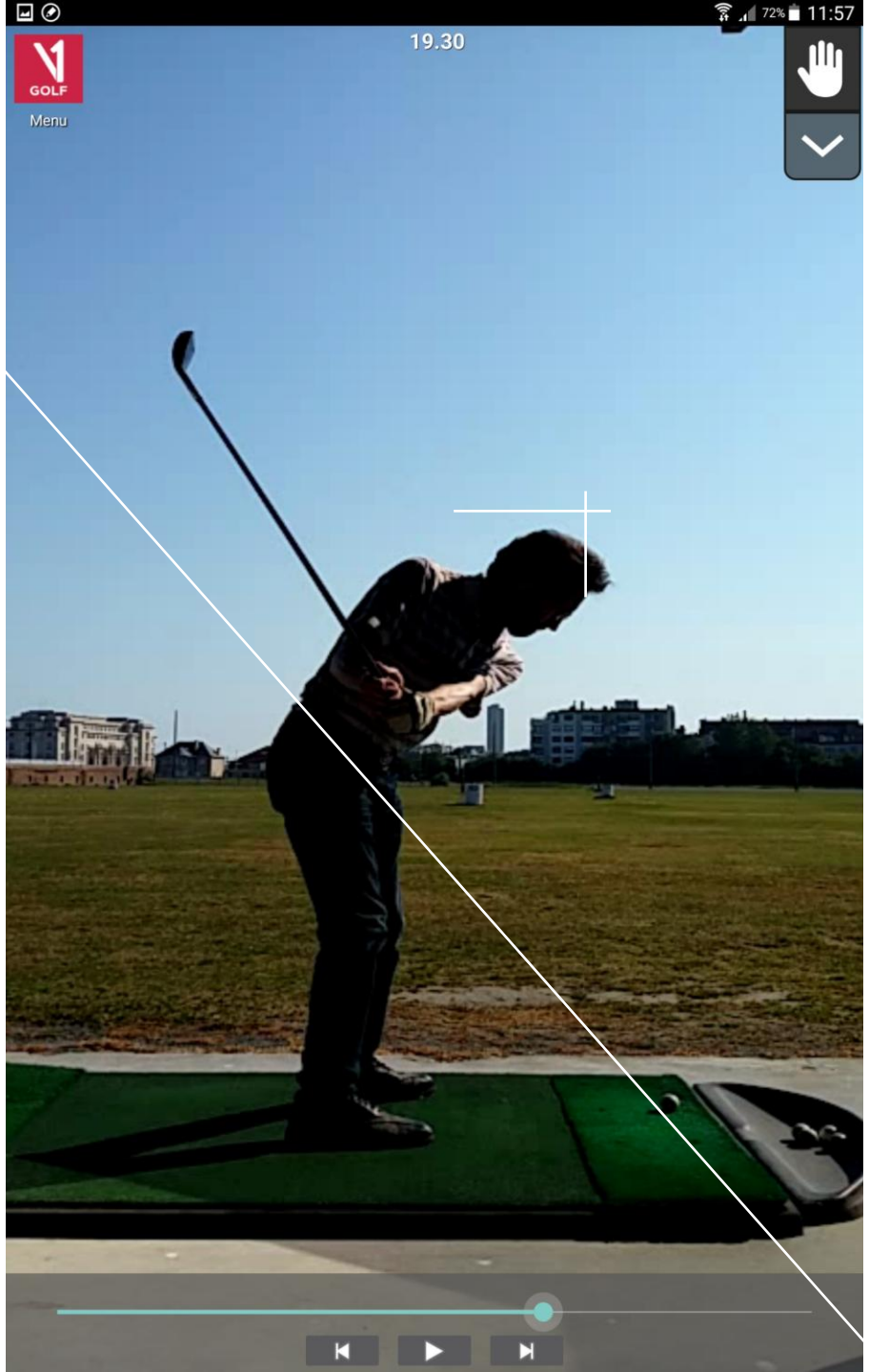

11:56
19.15
GOLF
Menu

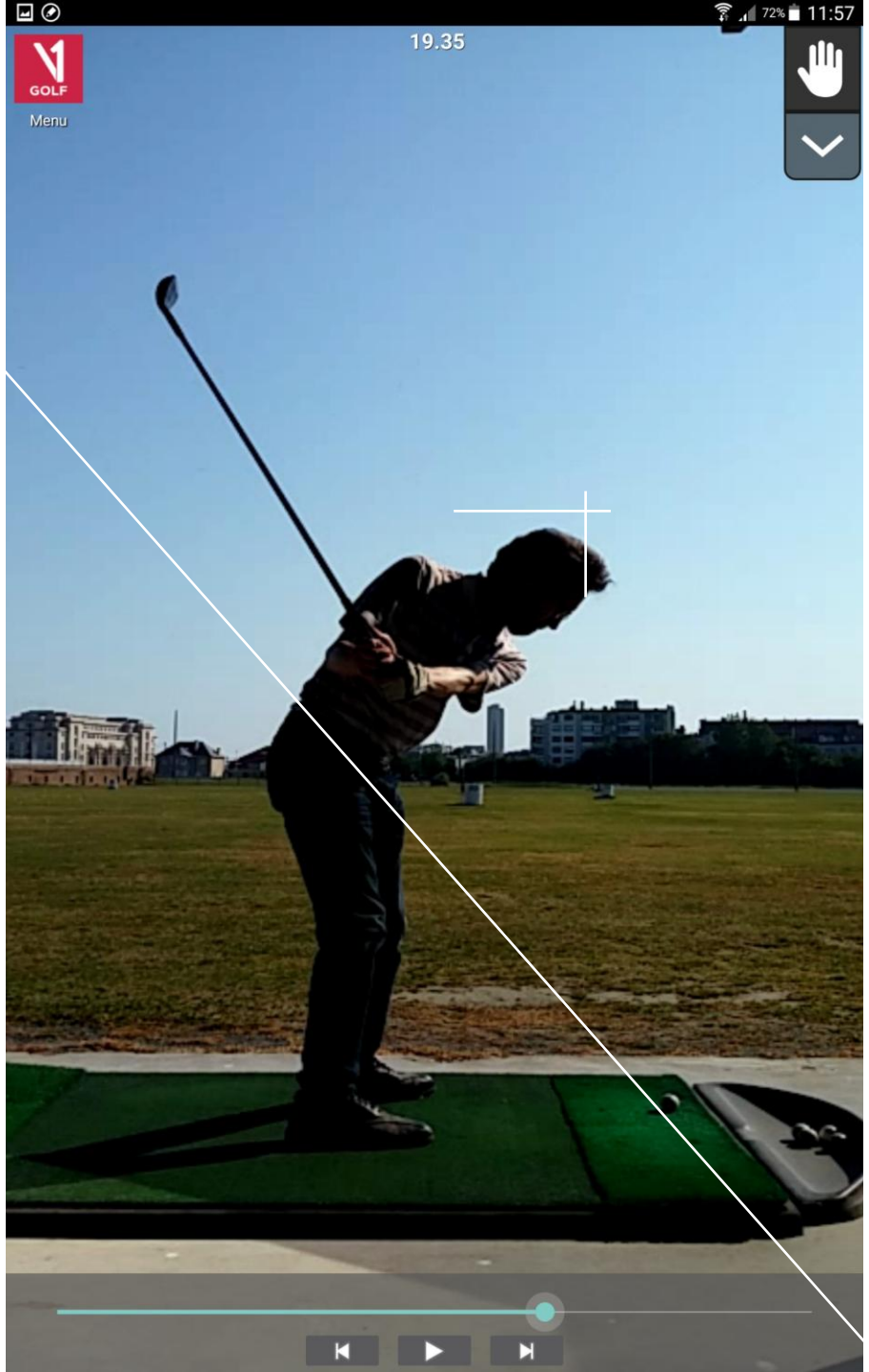

19.15
GOLF
Menu
(+) Clubface closed

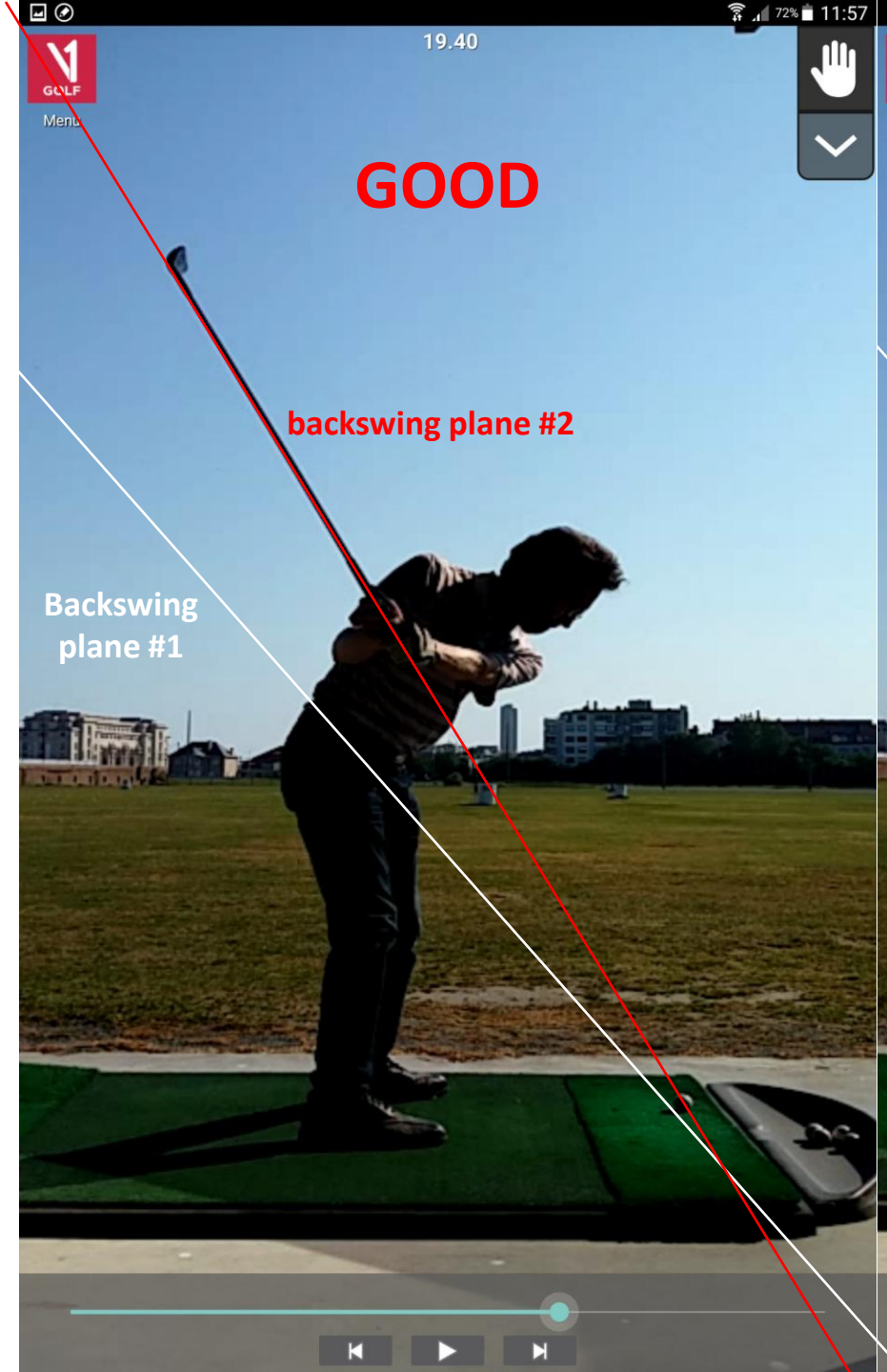

72% 11:57
19.18
GOLF
Menu


72% 11:57
19.23
GOLF
Menu

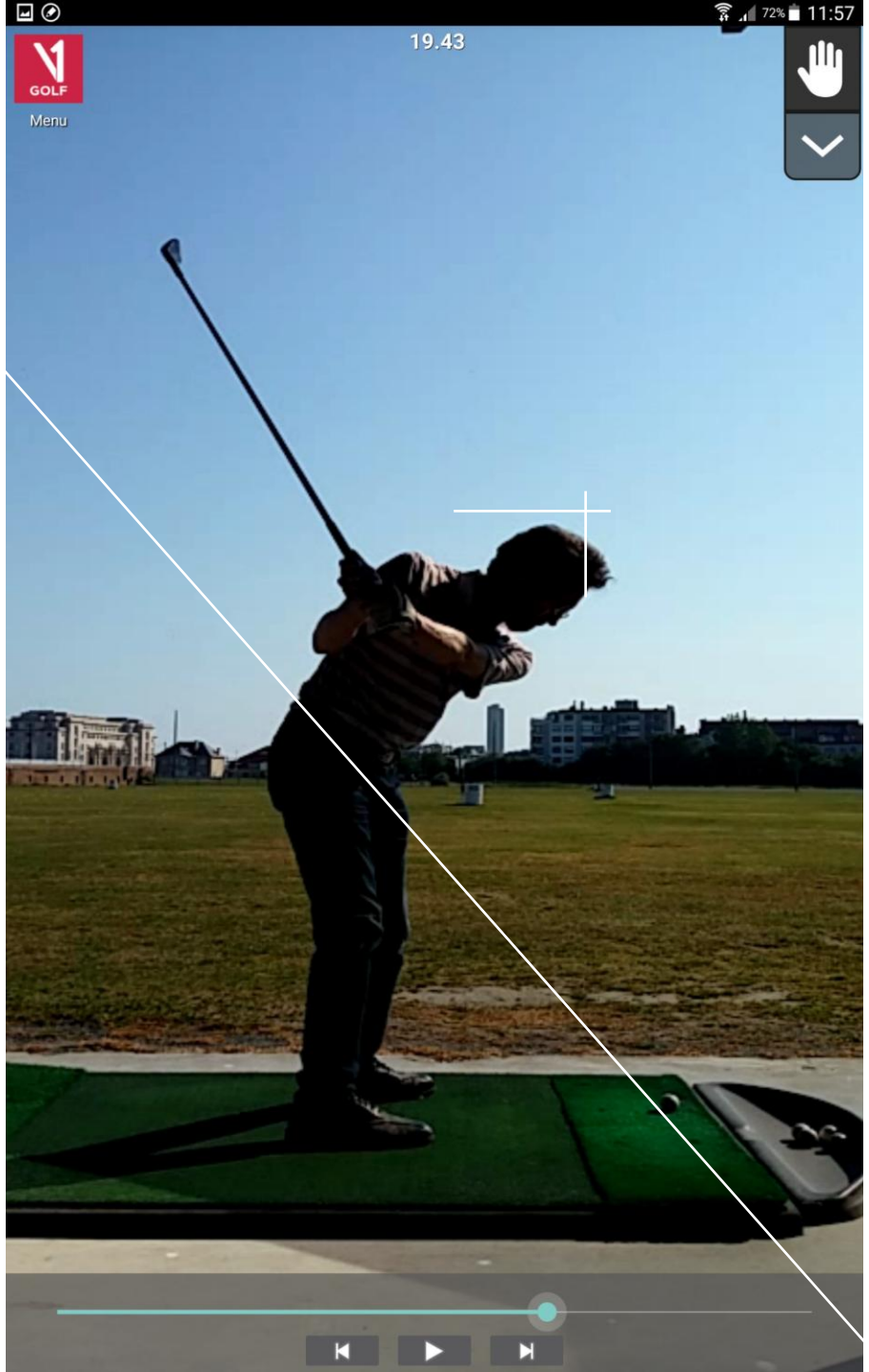

72% 11:57
19.27
GOLF
Menu

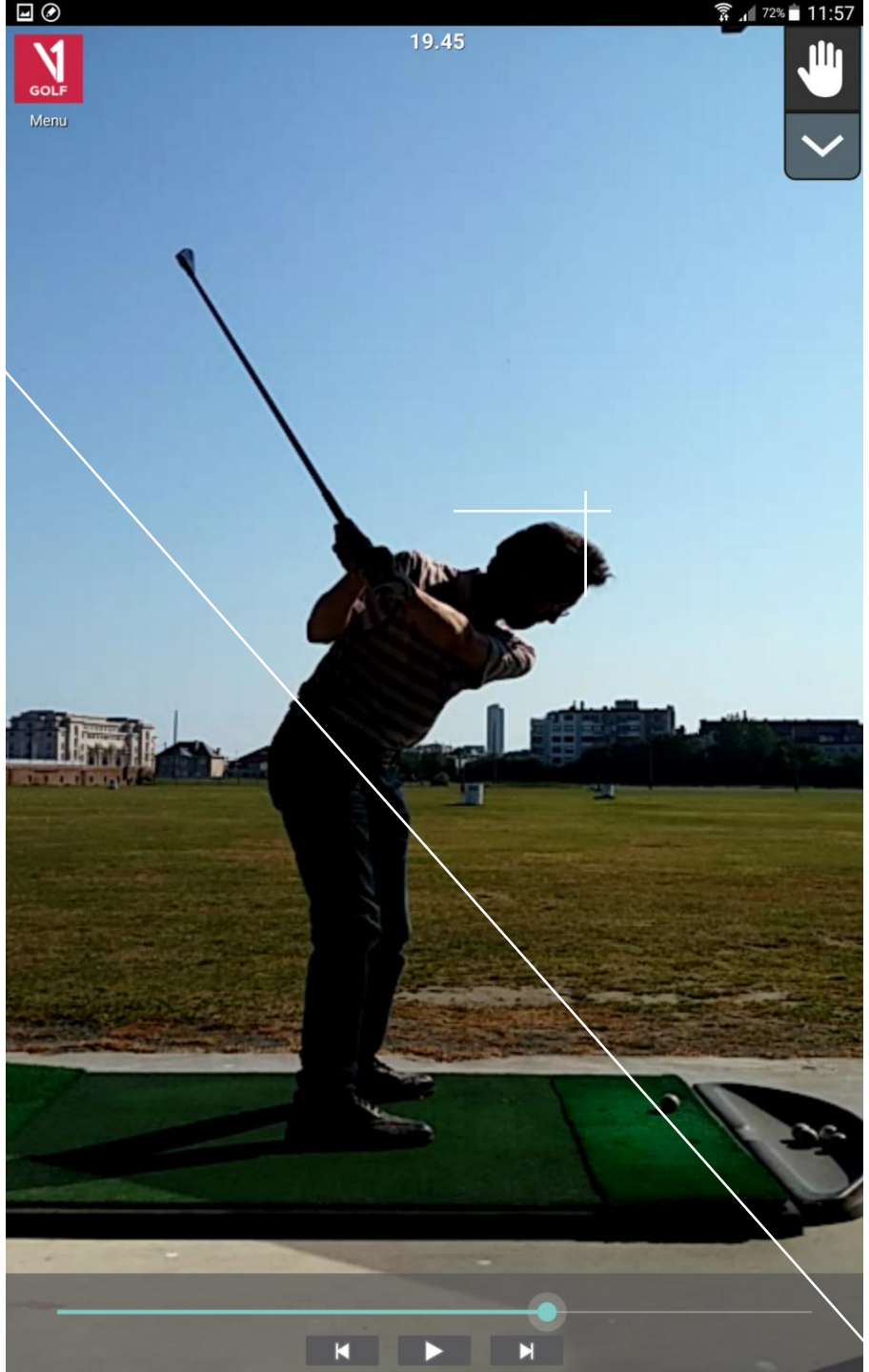

72% 11:57
19.30
GOLF
Menu

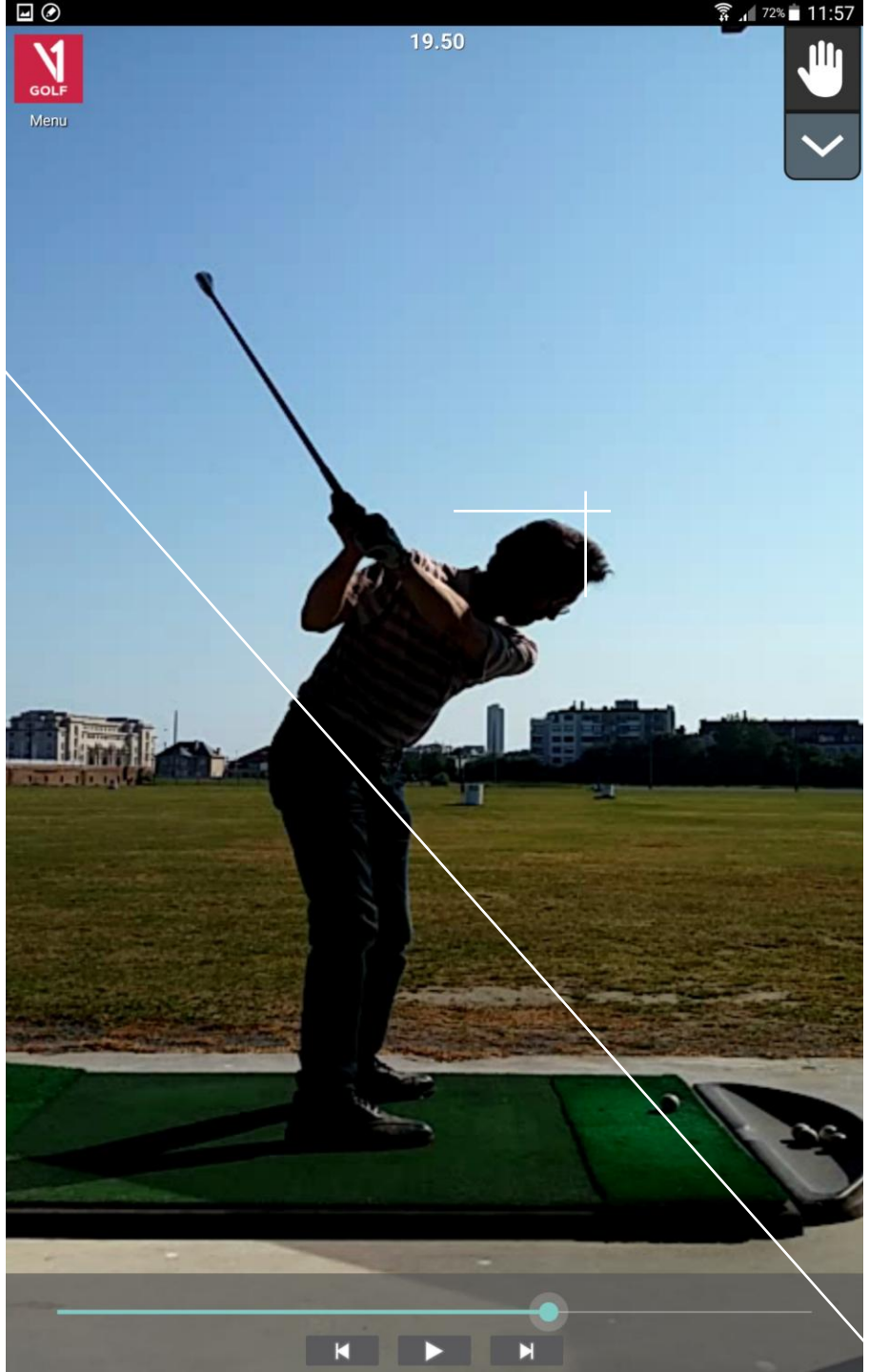

72% 11:57
19.35
GOLF
Menu

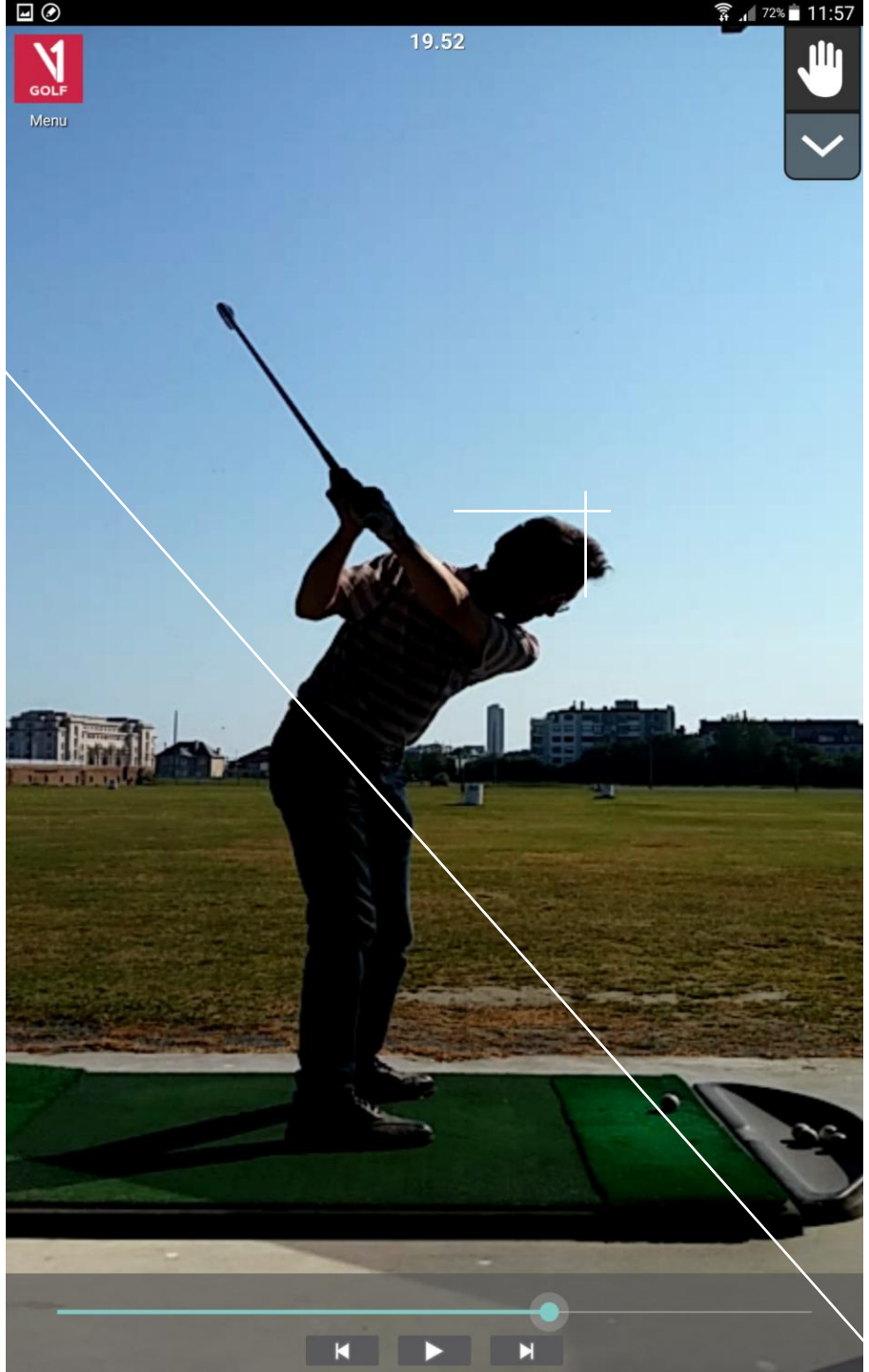

19.40
GOLF
Menu
GOOD
backswing plane #2
Backswing
plane #1

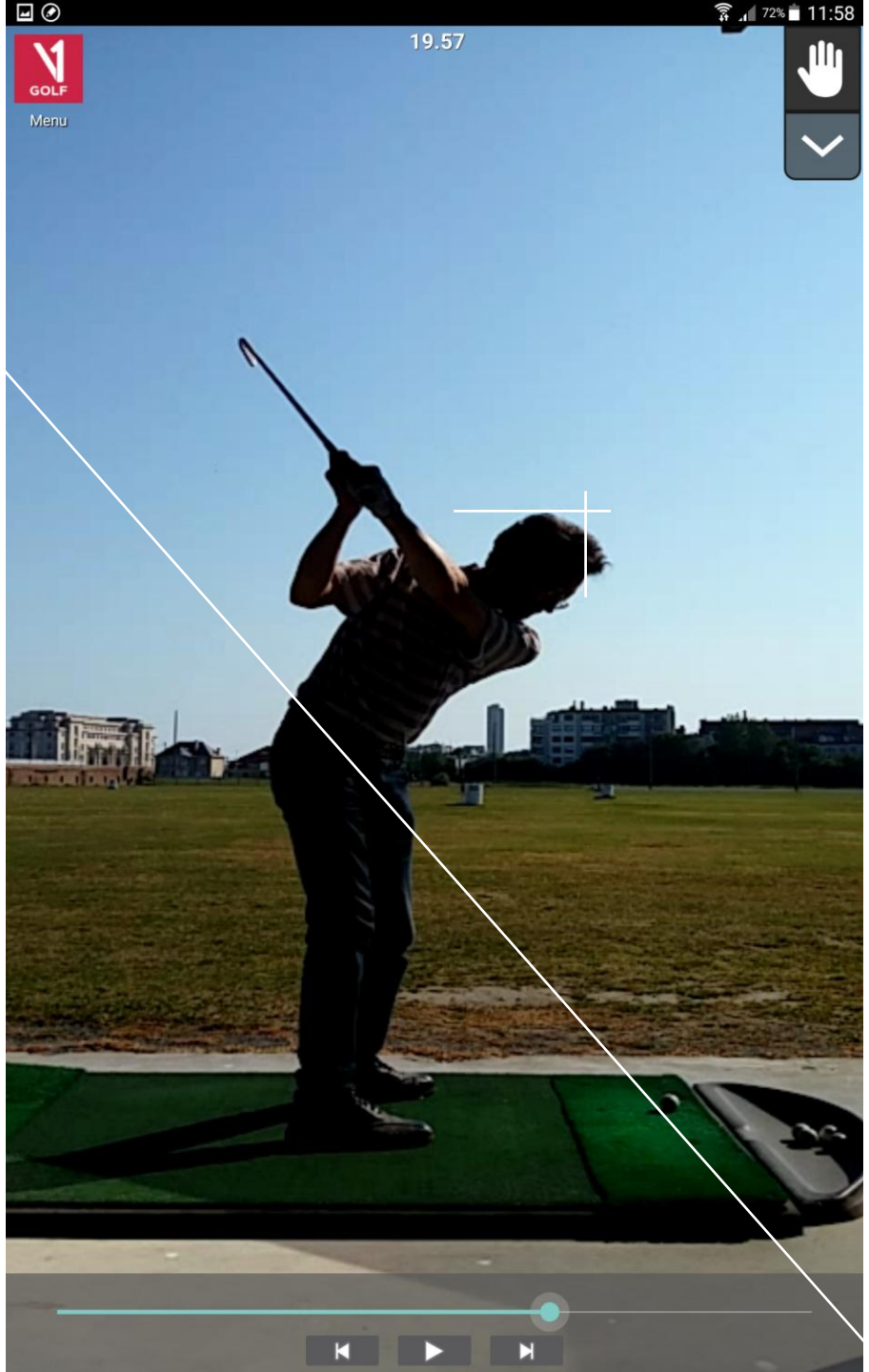

17.57
GOLF
Menu
BETTER
backswing plane #2
Backswing
plane #1

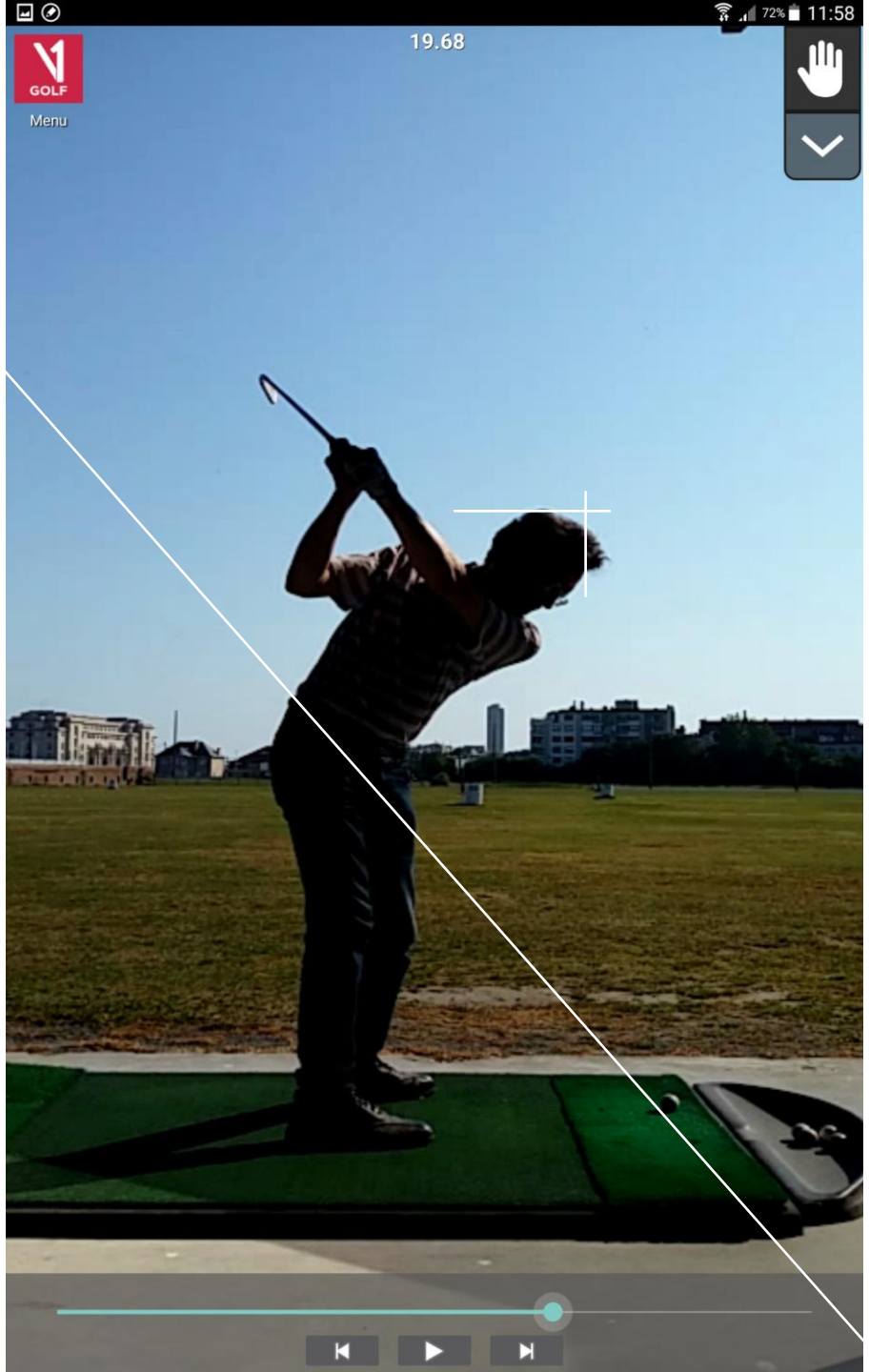

72% 11:57
19.43
GOLF
Menu

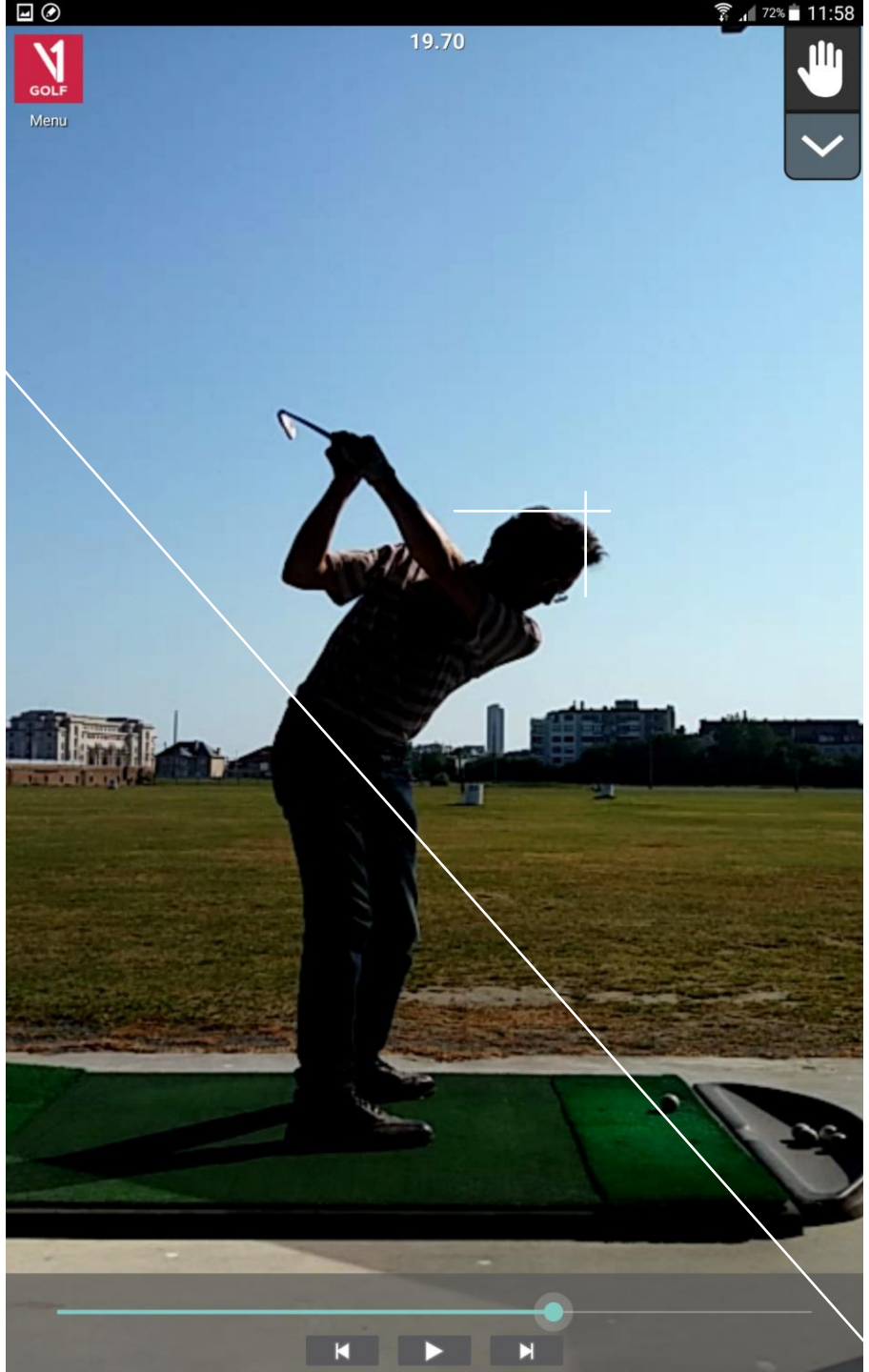

72% 11:57
19.45
GOLF
Menu


72% 11:57
19.50
GOLF
Menu

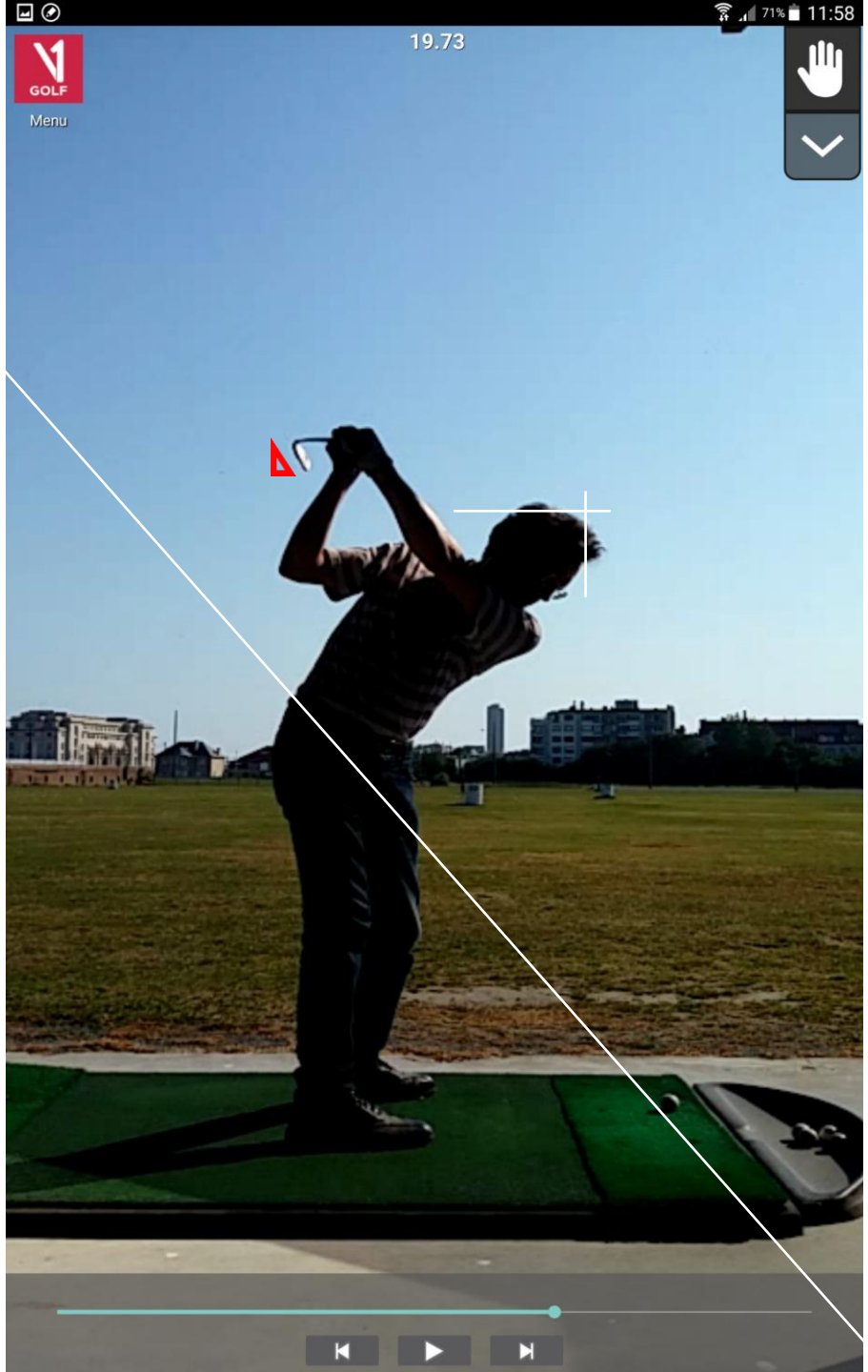

72% 11:57
19.52
GOLF
Menu


72% 11:58
19.57
GOLF
Menu

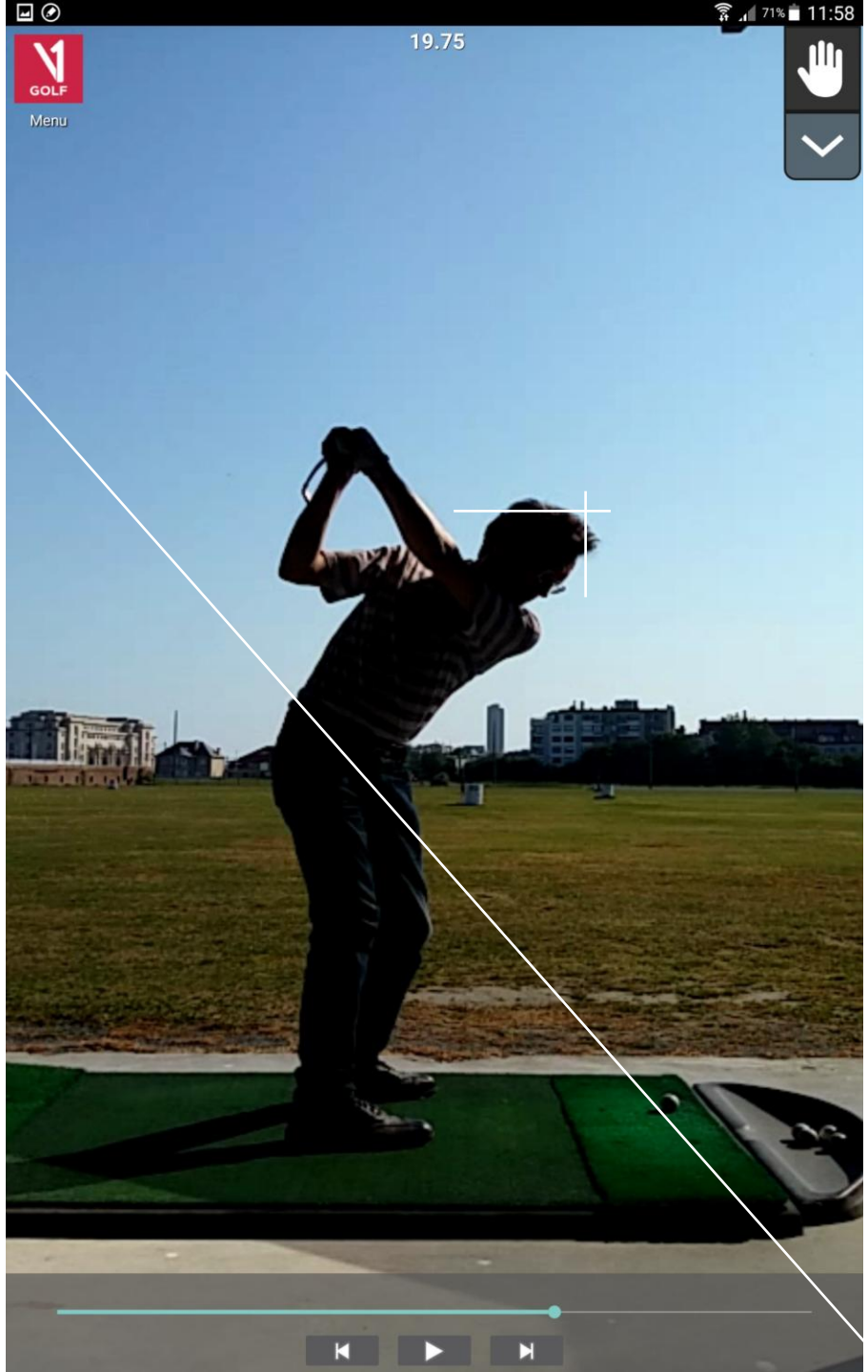

72% 11:58
19.68
GOLF
Menu


72% 11:58
19.70
GOLF
Menu

(-) Clubshaft should be parallel with the target line



(+) Clubface is parallel with backswing plane



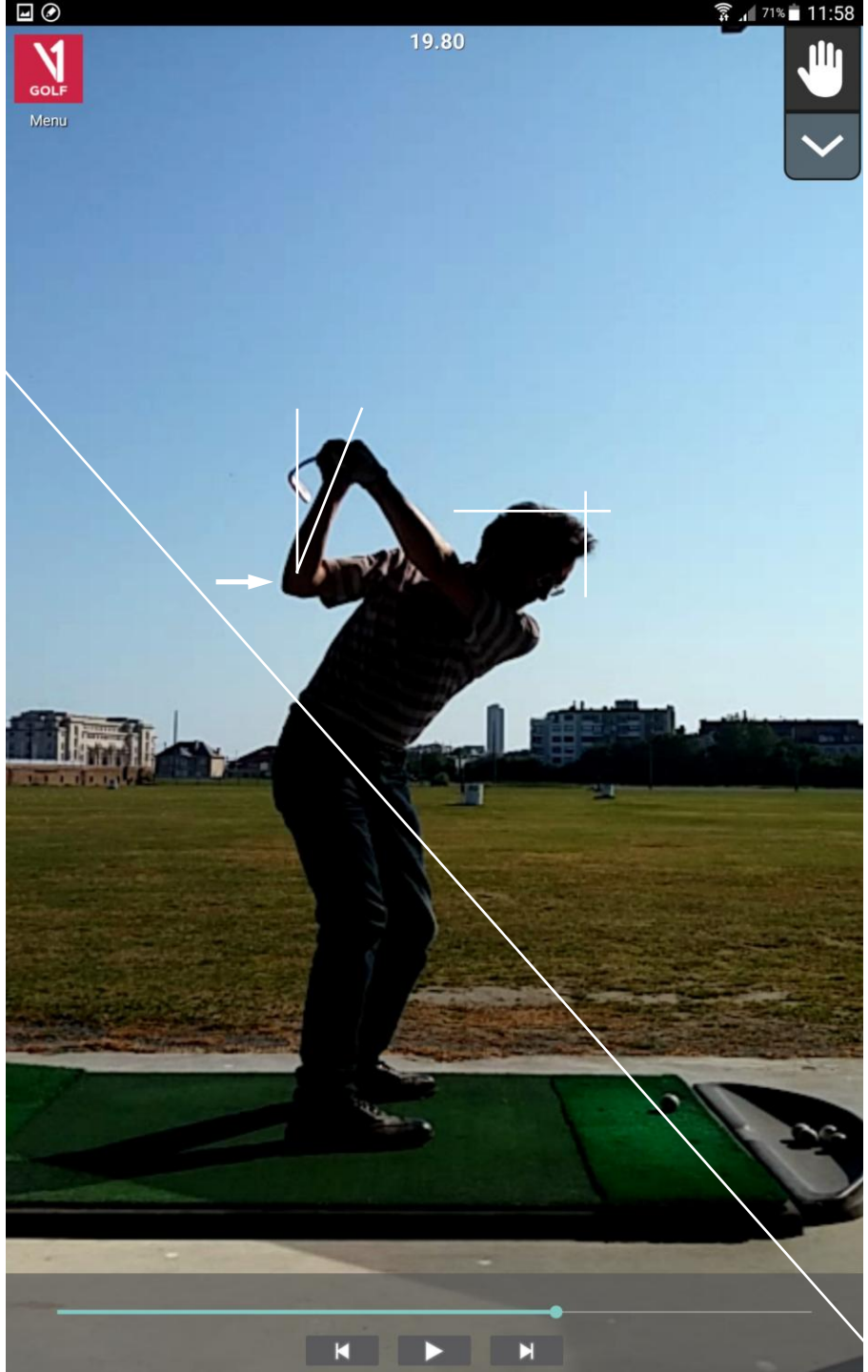
(+) Backswing stops when the clubshaft is horizontal

(+) Chin touches the left shoulder, if the upper body turned sufficiently

(+) Upper body square to the target line

Keep everything **well connected**, especially around the top of the swing, don’t let the swing break down

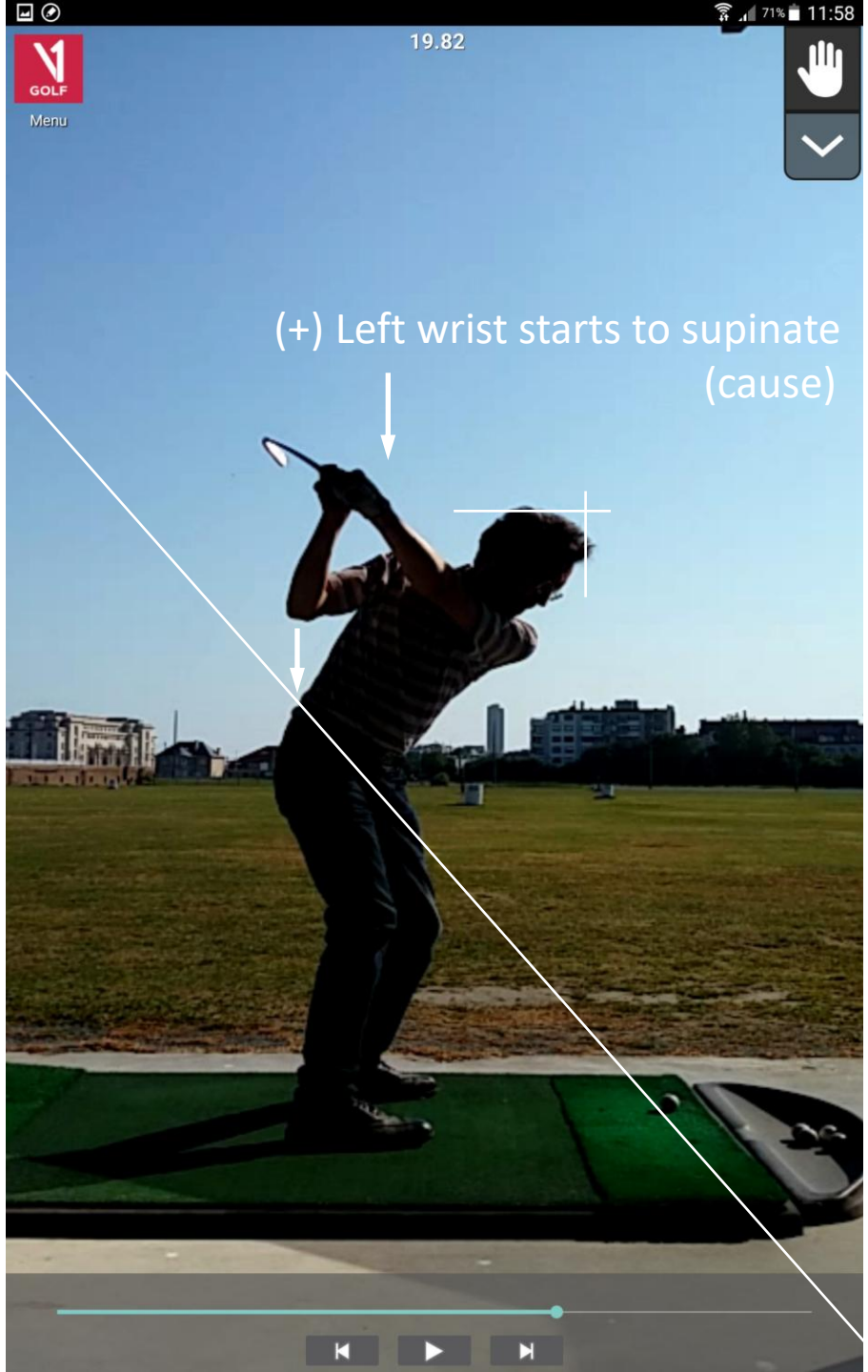
(-) Right elbow should not be too backward, right forearm should be vertical at most



(-) Right wrist starts to cup strongly as a result (= an effect)

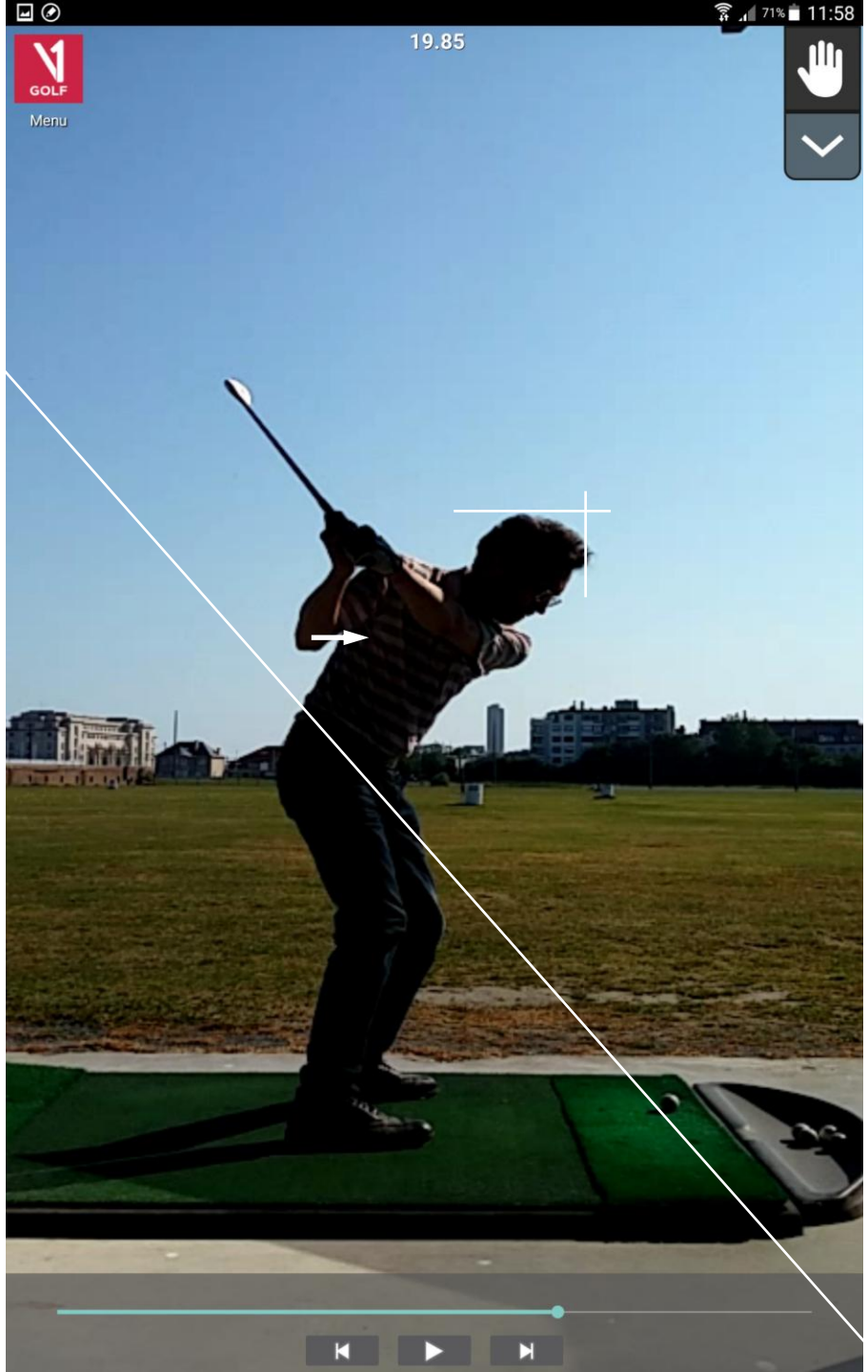
(-) Turn palm of the right hand away from the target, cup the right wrist

(-) Right elbow starts moving towards the right hip as a result (= an effect)



(-) Flatten the clubshaft more by supinating the left wrist **and** moving the right elbow towards the target line, in sync with the right hip moving towards the target line

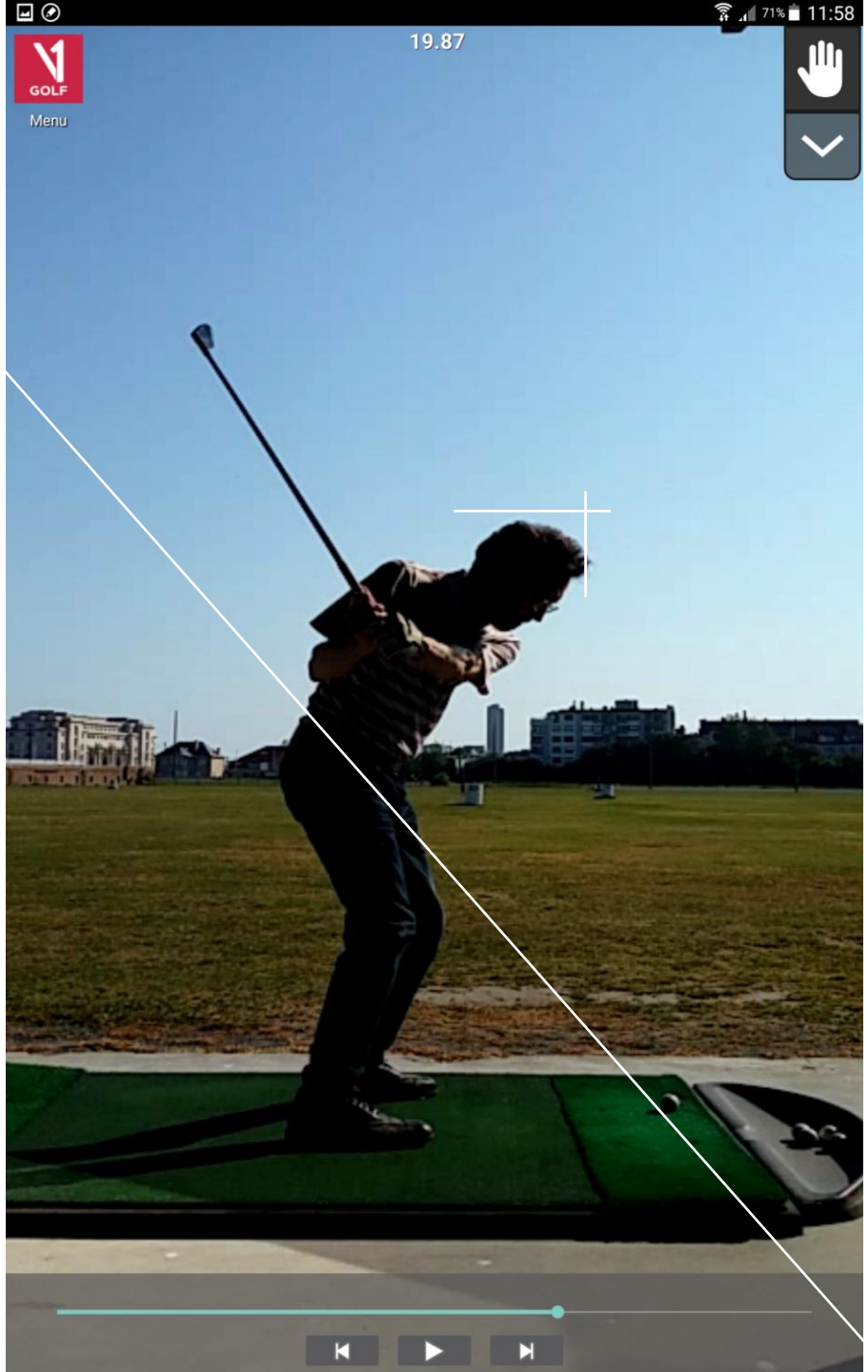
Clubshaft needs to end up behind the upper body at the start of the downswing



(+) Lower body (hips) starts turning towards the target → lower body leads the downswing

(-) Flatten the clubshaft more by supinating the left wrist **and** moving the right elbow towards the target line

Clubshaft needs to end up behind the upper body at the start of the downswing

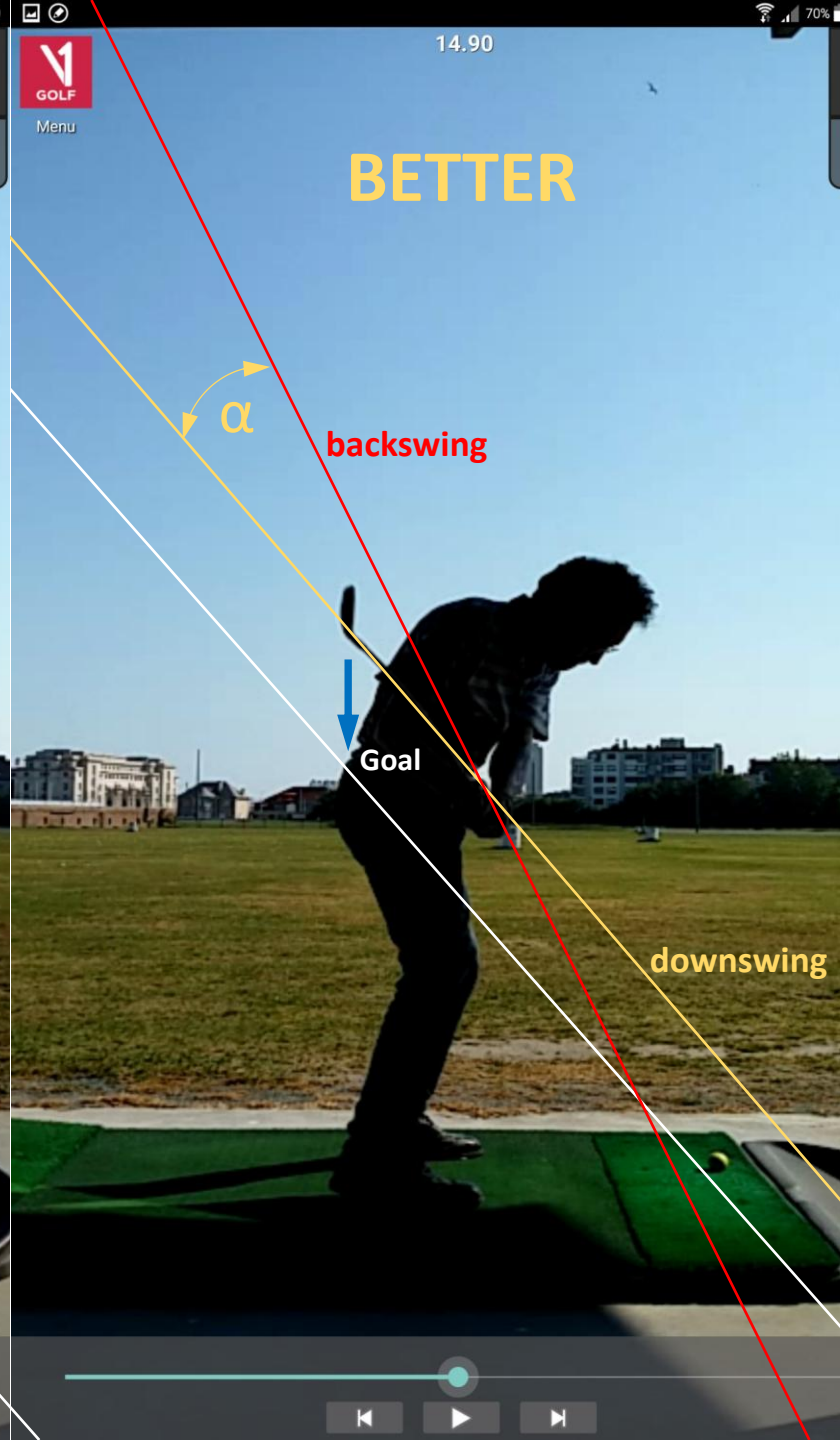


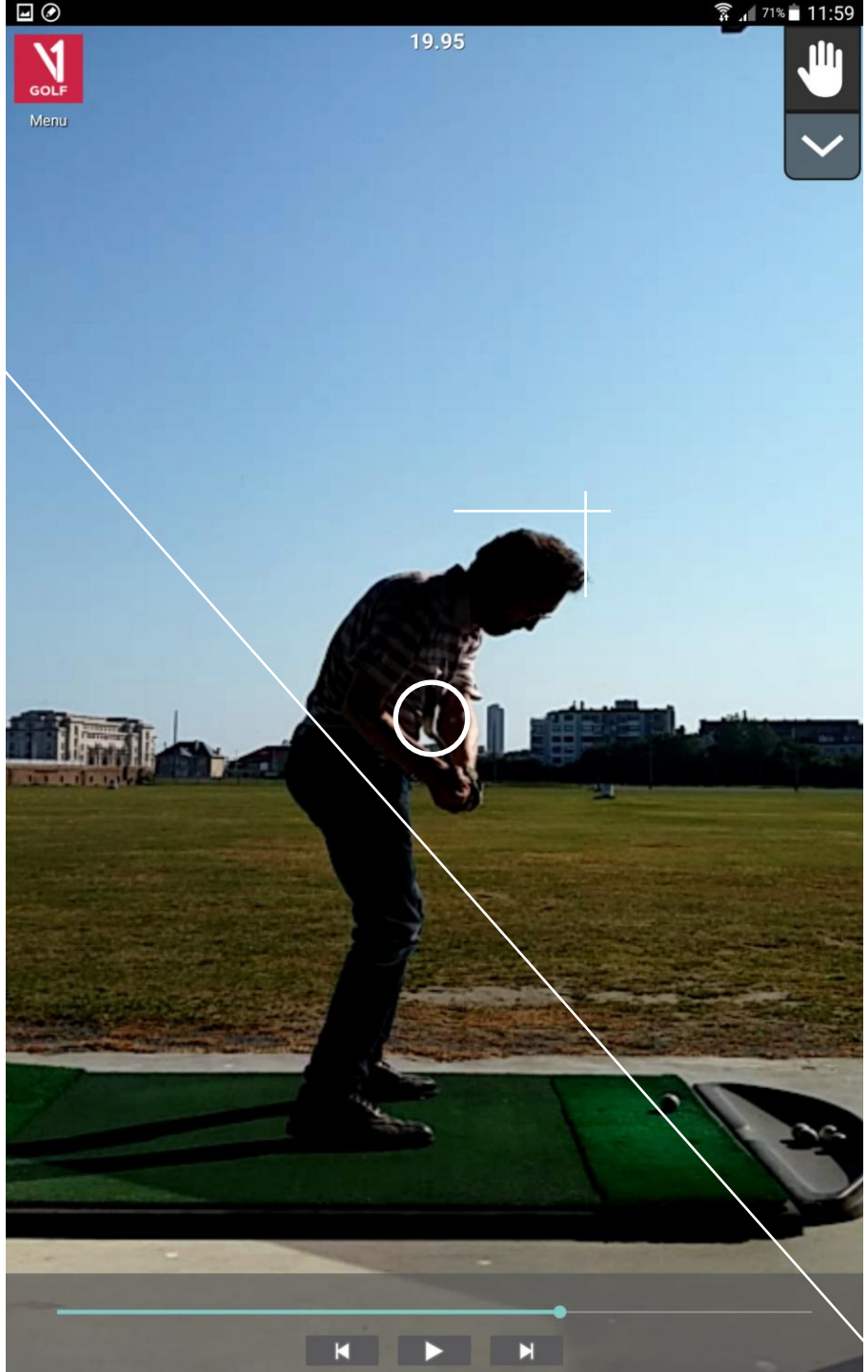
(+) Right arm builds up energy

Downswing plane needs to be much flatter than the backswing plane → showing an “X” as a result of the angle α between both planes

The goal is to get the downswing plane as close as possible to the initial white plane, in particular the clubhead

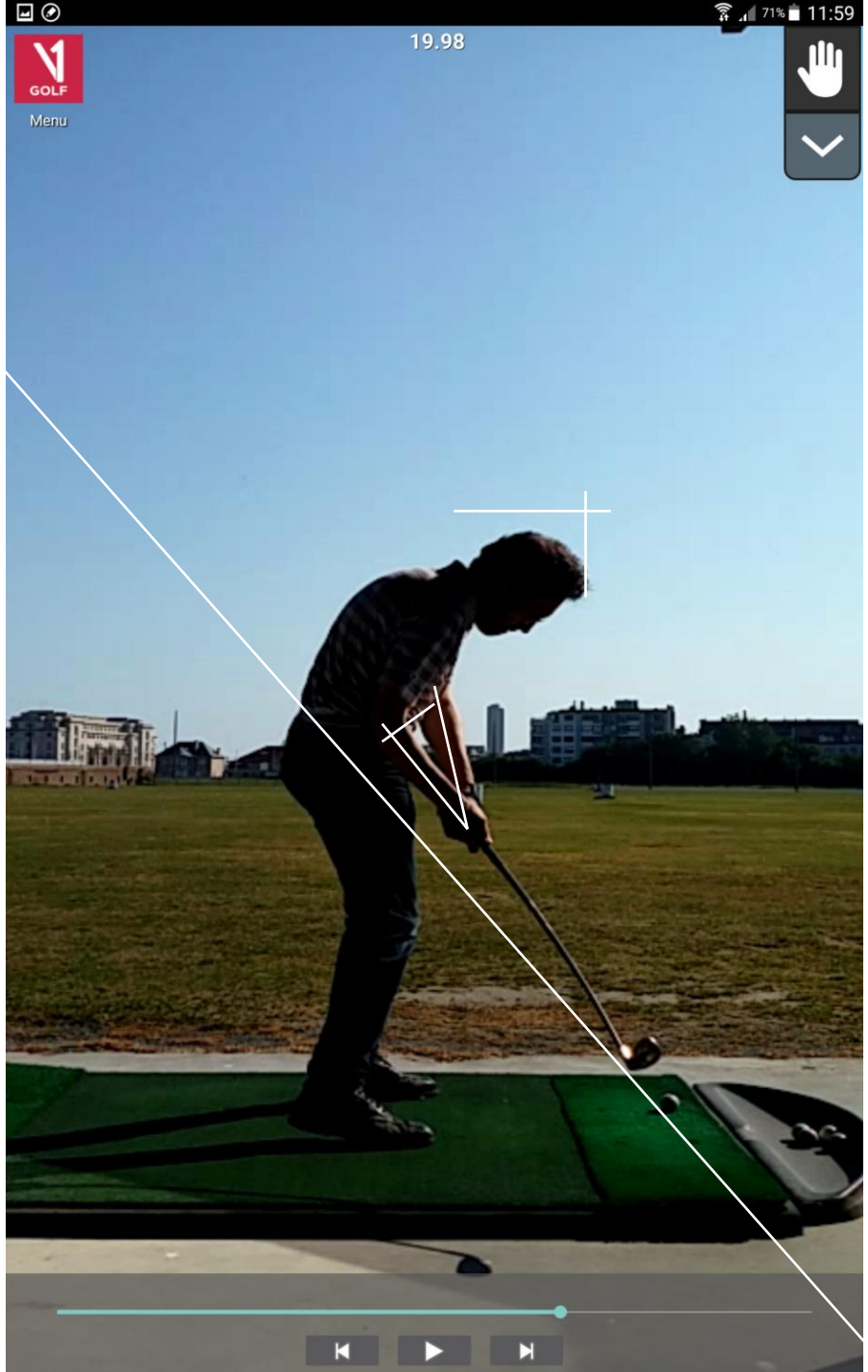




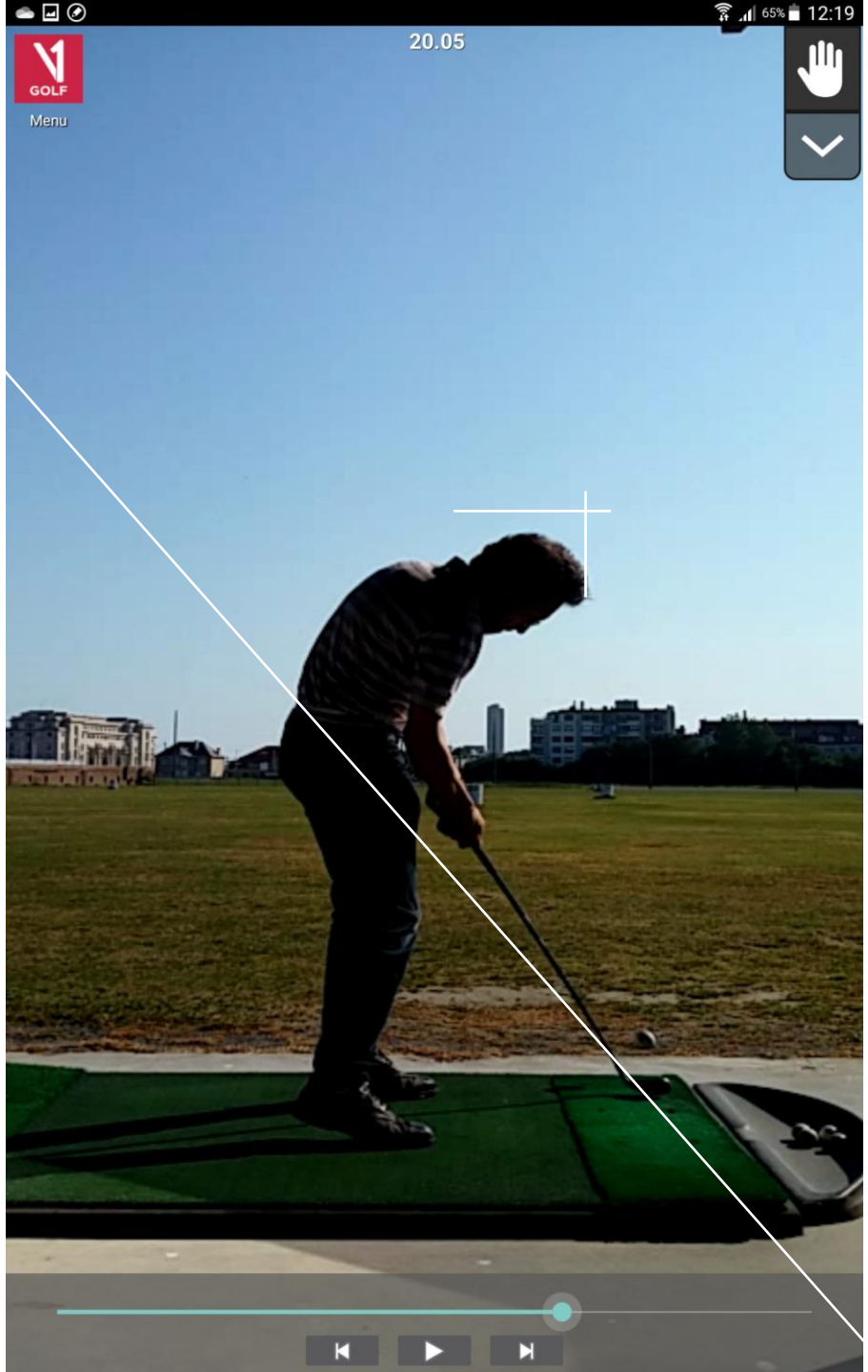


(+) Clubhead will be inside when the clubshaft is horizontal → draw

Practice the swing starting with a flat right hand throwing a ball (Ben HOGAN)

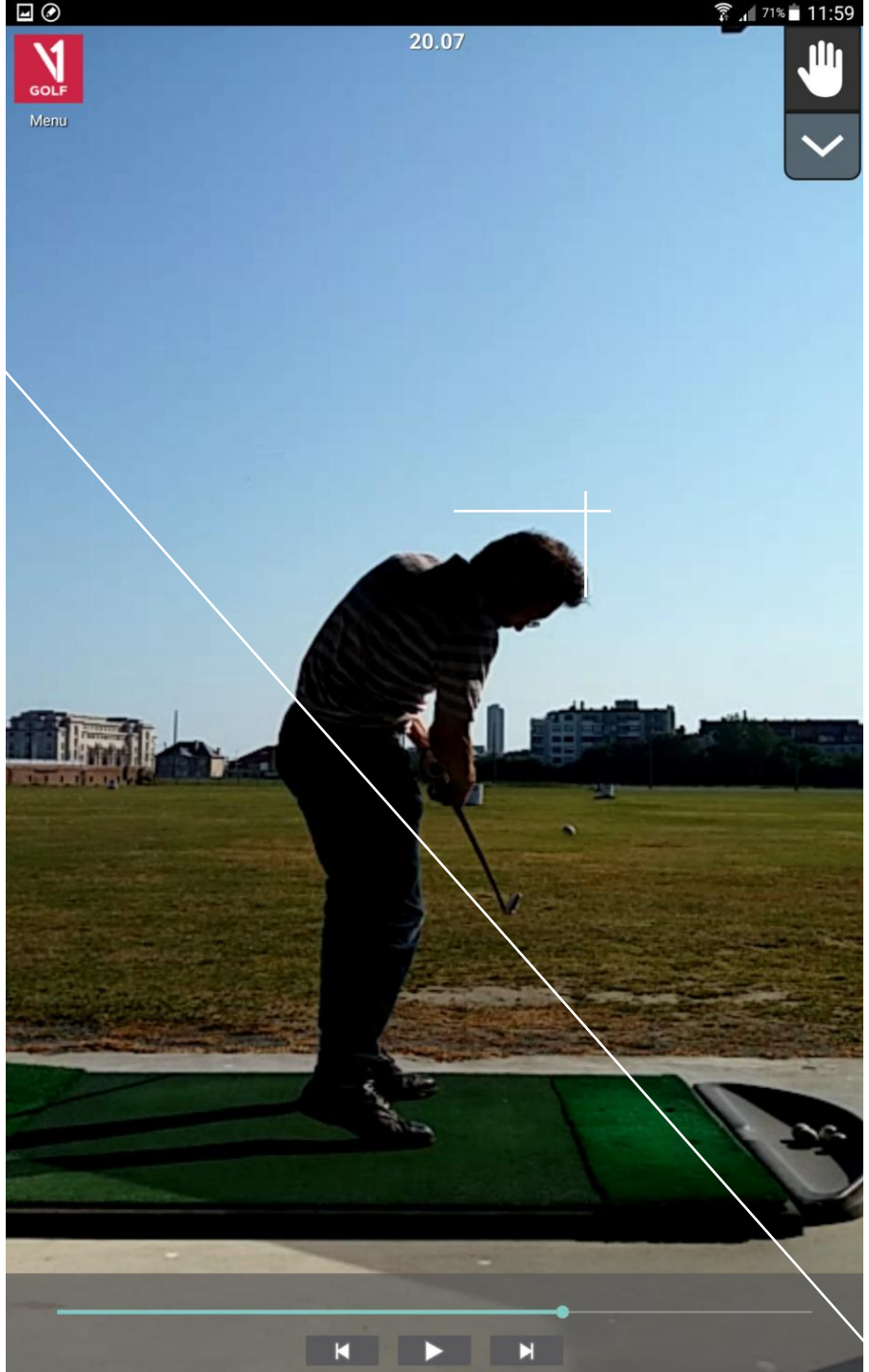


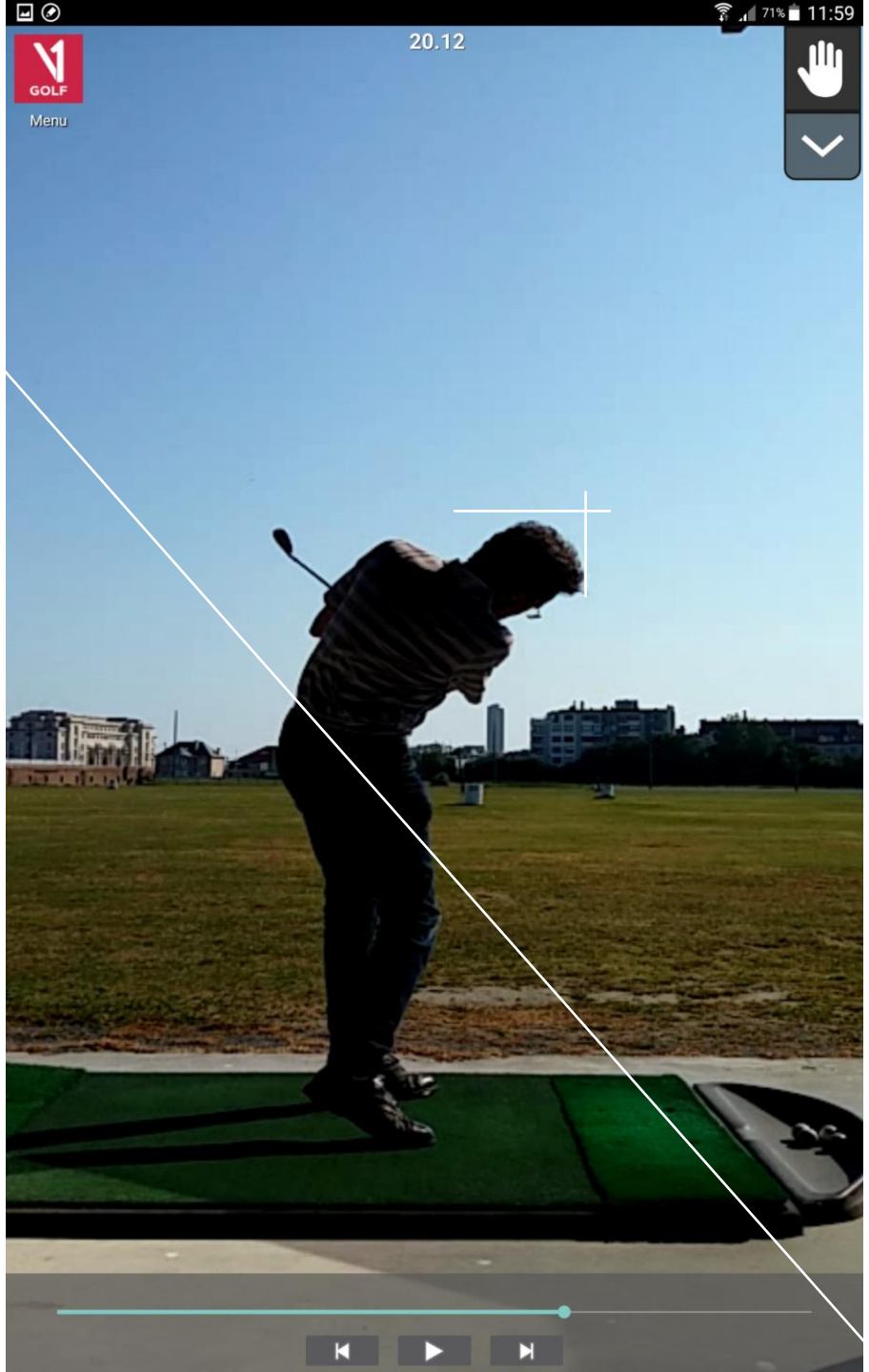
(+) Just before impact, there is still an opening between both arms, right elbow is positioned close to the right hip, right arm is ready to fire

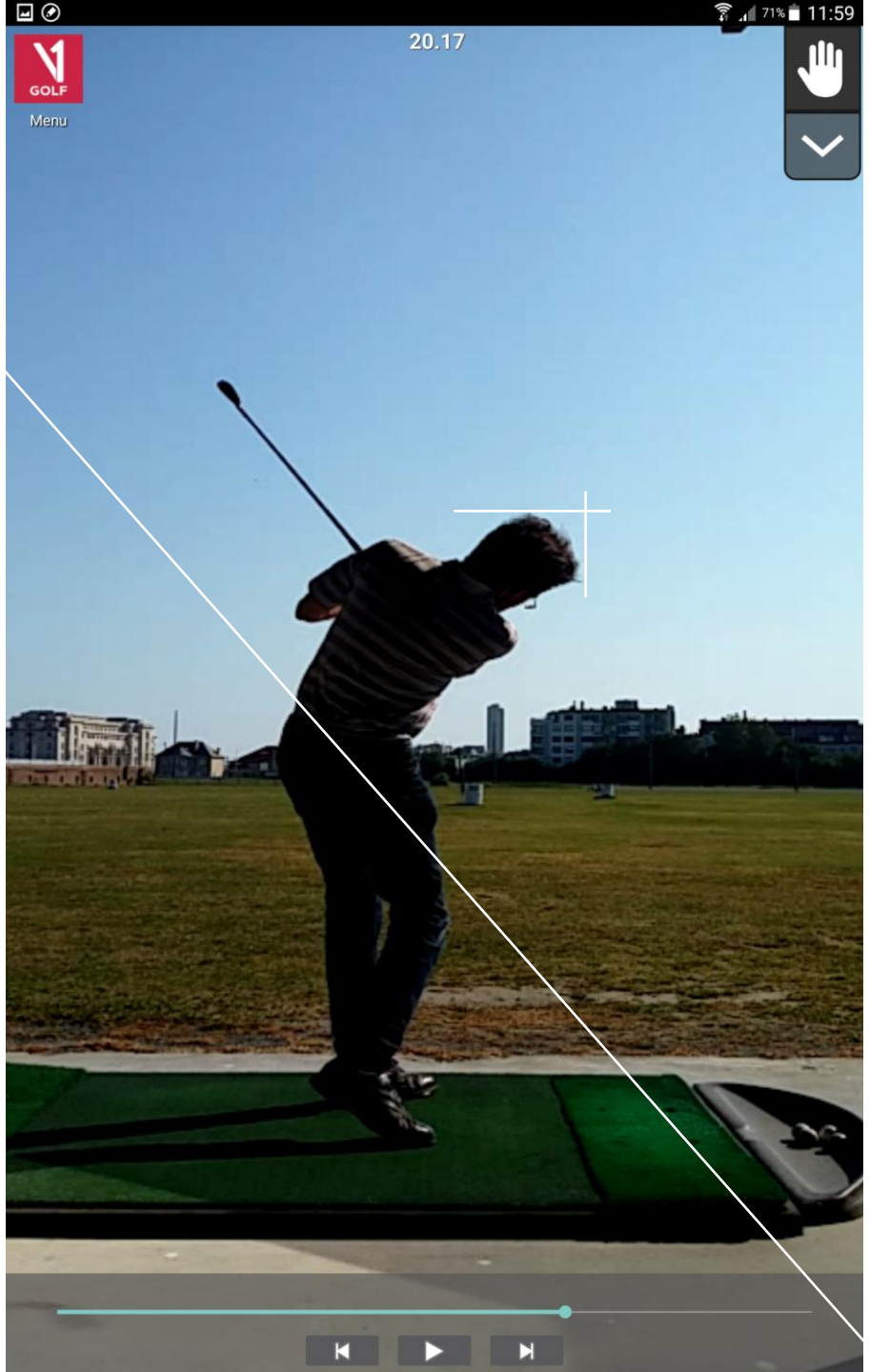


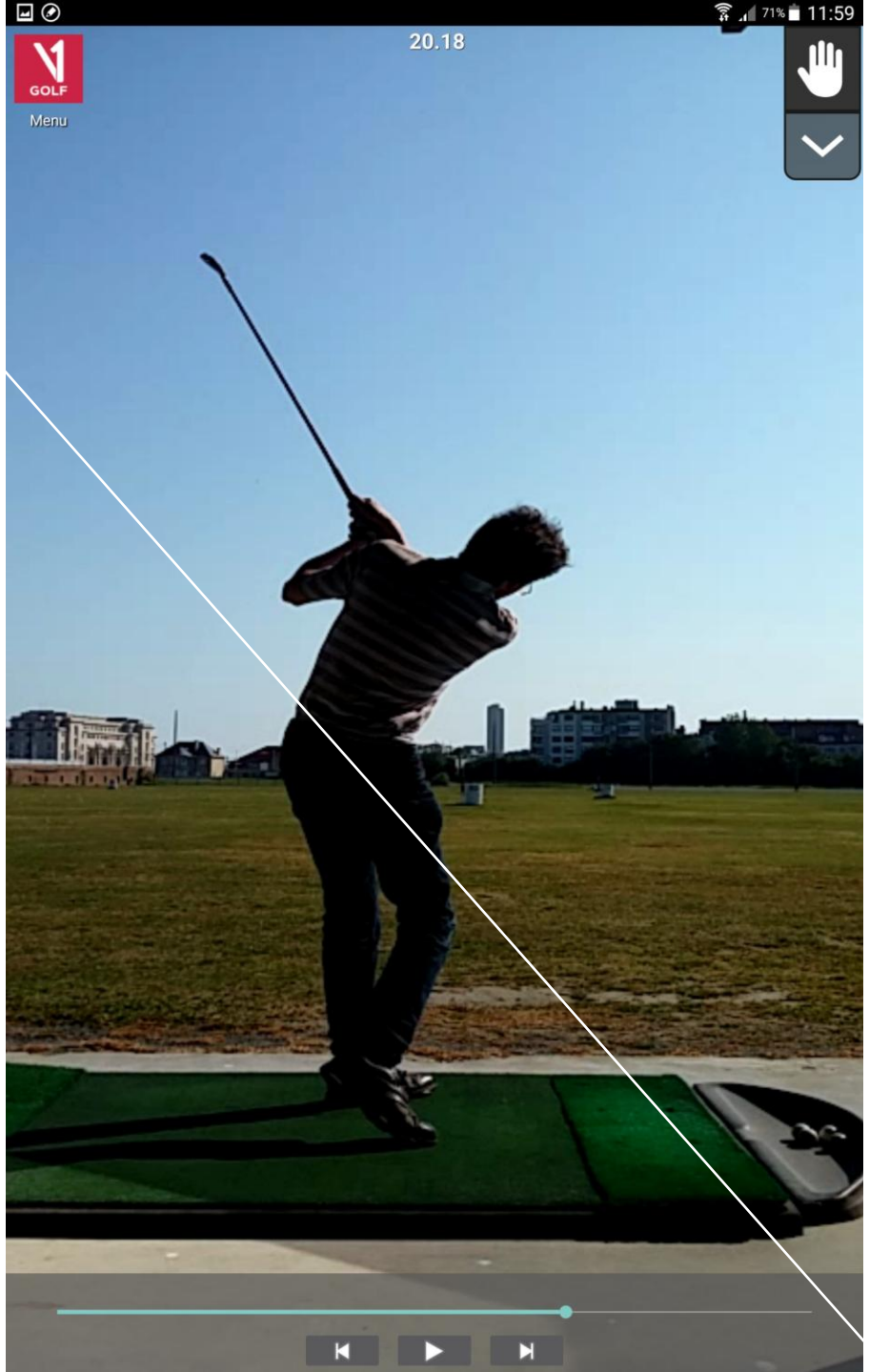
(+) At impact, the hands are closer to the target than the ball

(+) Clubface touches the ground **after** the ball's starting position

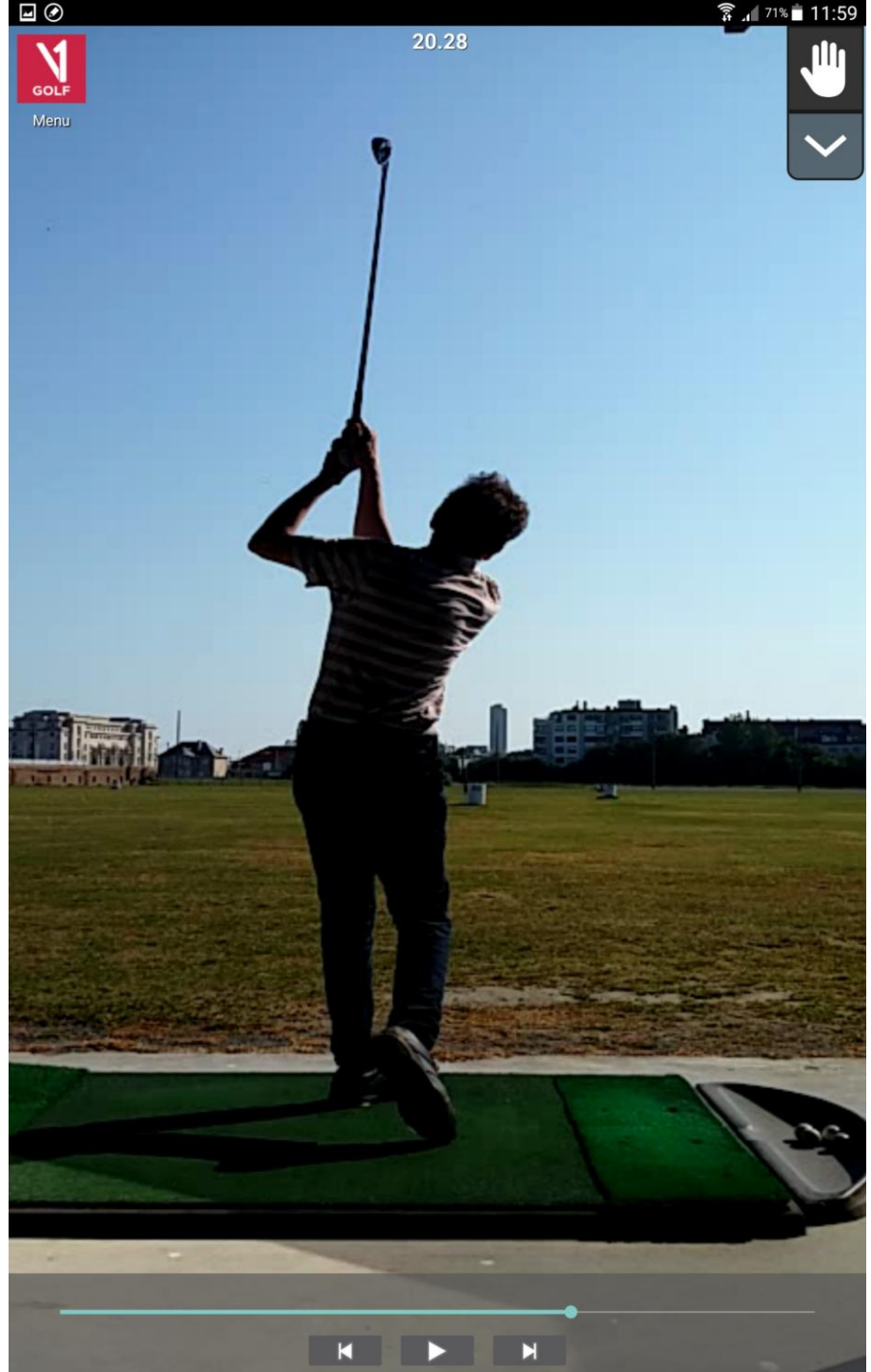

71% 11:59
20.07
GOLF
Menu

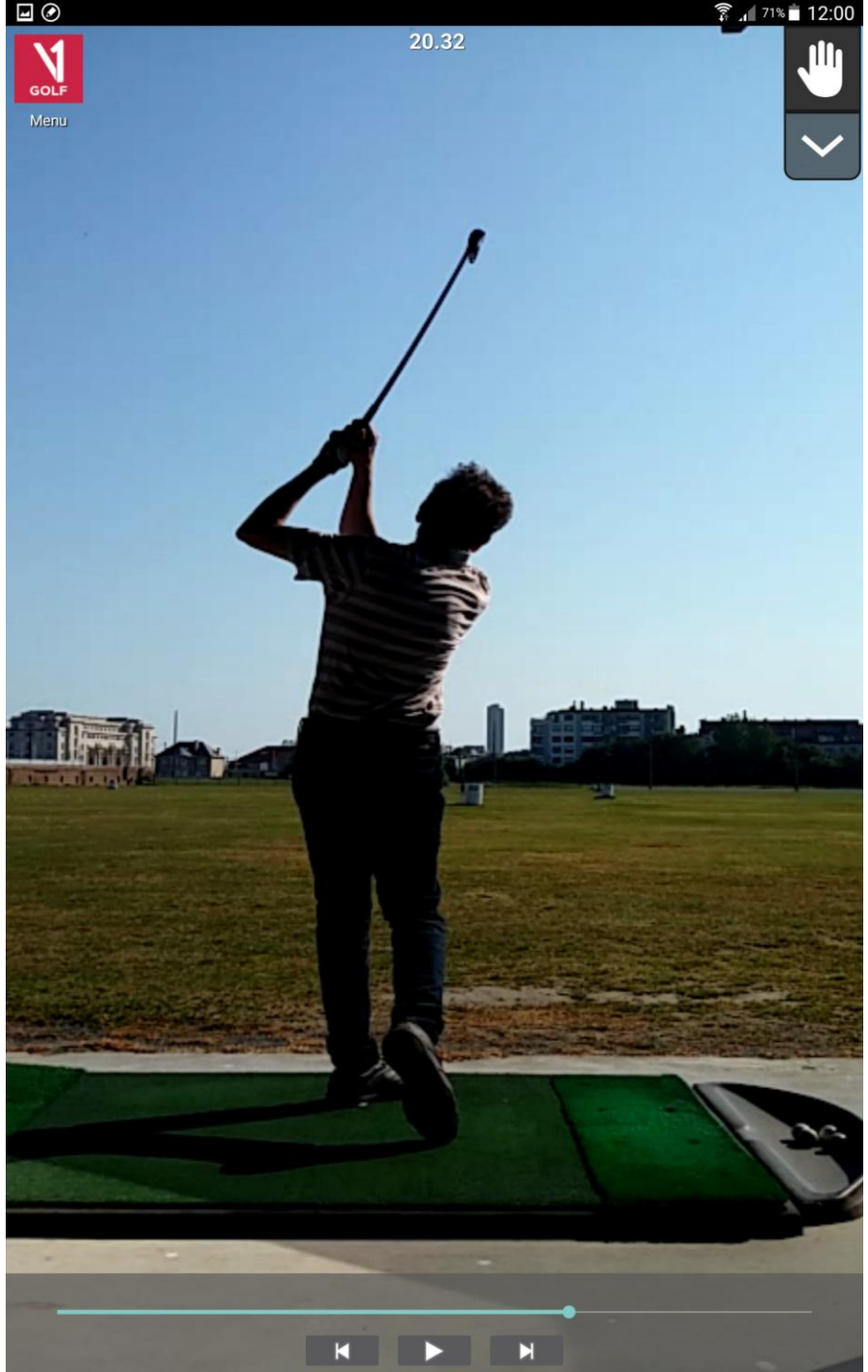

71% 11:59
20.12
GOLF
Menu

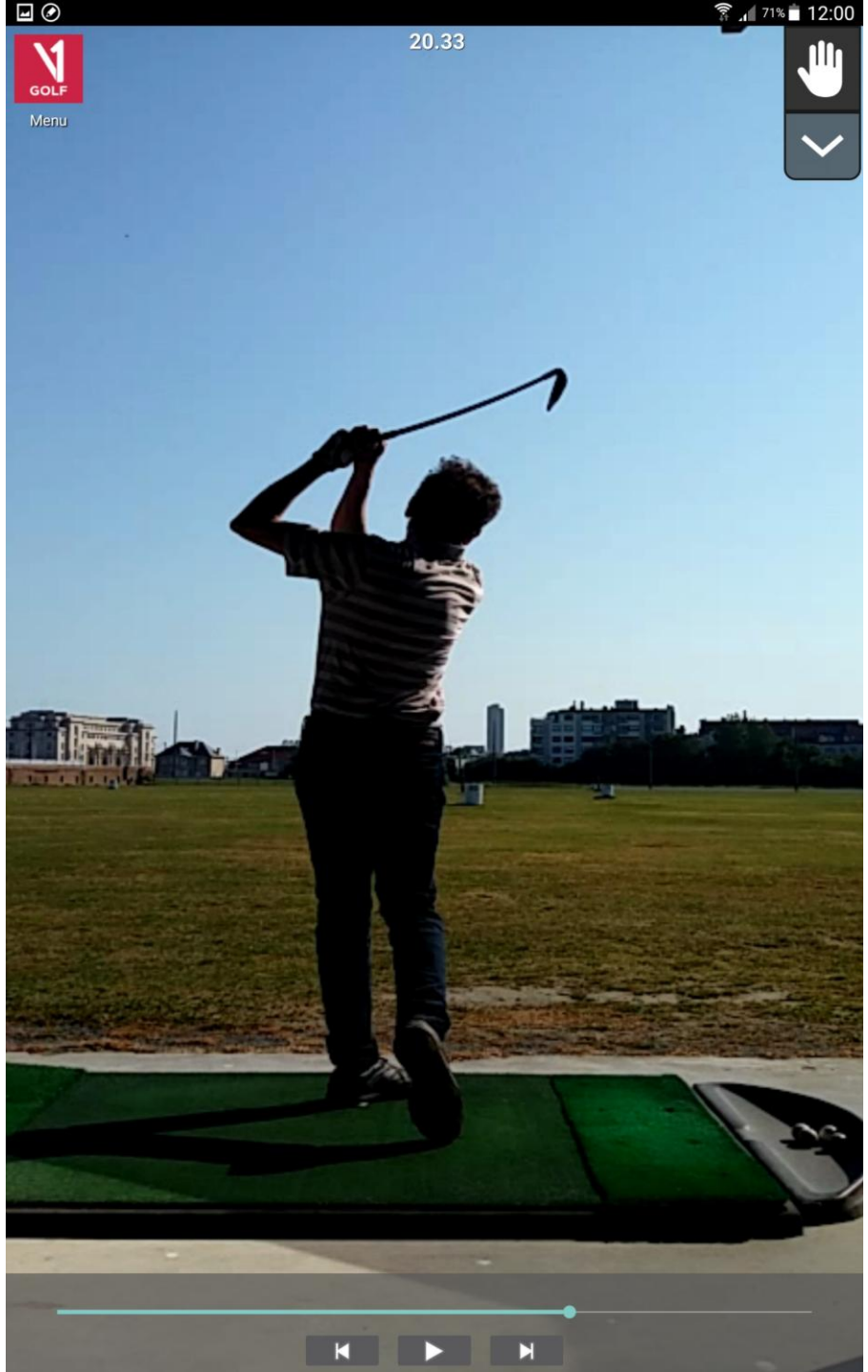

71% 11:59
20.17
GOLF
Menu

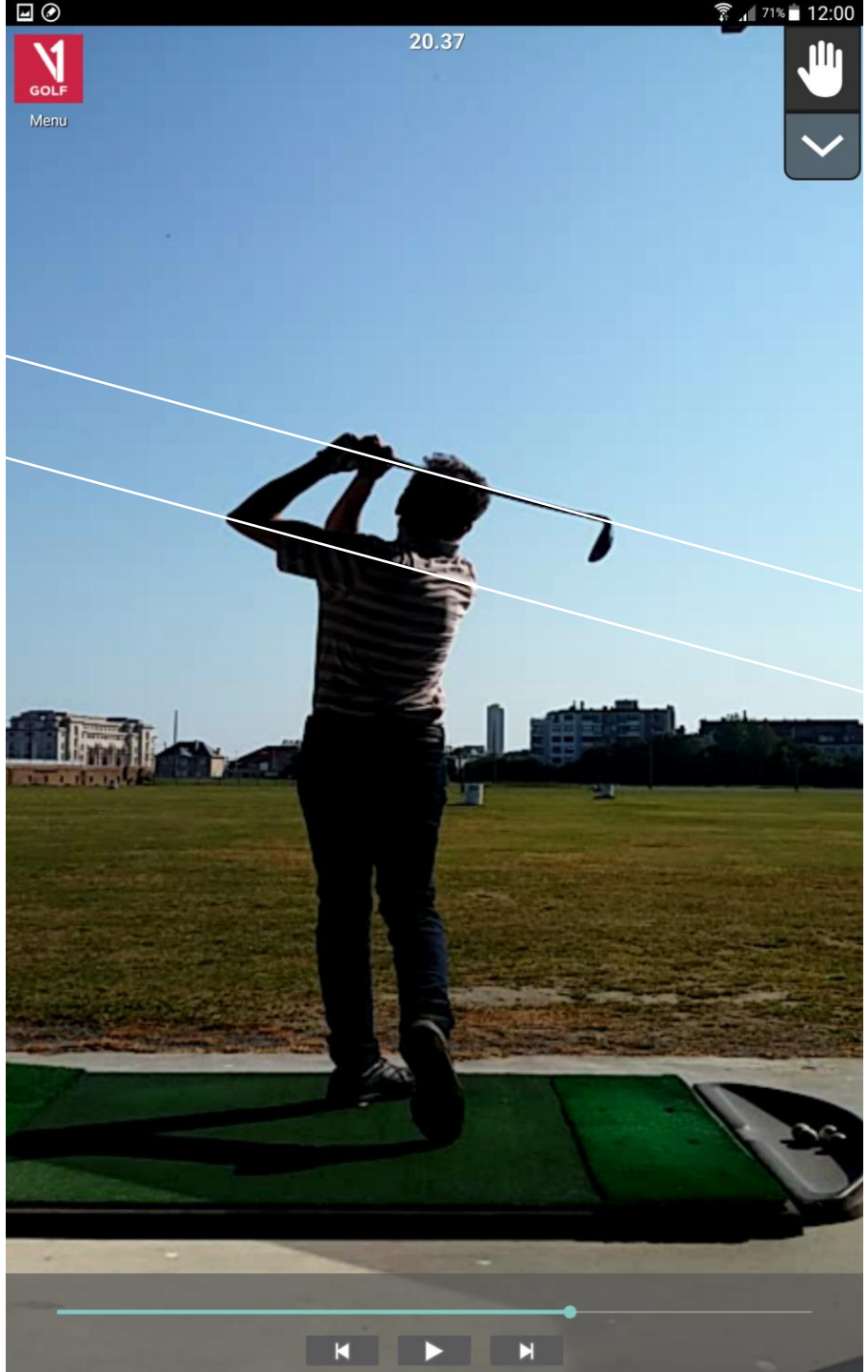

71% 11:59
20.18
GOLF
Menu


71% 11:59
20.23
GOLF
Menu


71% 11:59
20.28
GOLF
Menu


71% 12:00
20.32
GOLF
Menu


71% 12:00
20.33
GOLF
Menu



(+) Shaft // shoulder line

(+) Right foot rests on the tip, just like Tiger Woods does