



TURN WORKS, DIP DOESN'T

The shoulder move is rotary, not up and down.



1 2



3 4

IF YOU WATCH SOME of the top players, you'll notice their left shoulder often comes right below the chin at the top of the backswing. This observation leads many amateurs to try and imitate this position without understanding what causes it. Pros maintain their spine angle from start to finish, and even though it appears as if they've moved their left shoulder down and under their chin, the reality is that position comes naturally as a result of turning their shoulders around a fixed axis which they established at address.

Instead of copying this position, you'll get much better results by trying to move your shoulders around, rather than up and

down. The latter leads to a swaying motion and generates no coil whatsoever. By turning your shoulders in a rotary fashion on the same plane that you set up at, you'll find, in time, you'll achieve the same position of the left shoulder. It also helps to remember to get the left shoulder under the chin with a rotary motion requires tremendous strength and flexibility. Top pros possess this strength, but it's just fine to turn the shoulders as far as they go depending on your personal physical limitations rather than trying to get that position with an incorrect move.

Use the following pictures as pointers while you practice in front of a mirror. Here

Kushal Singh (1, 2) is demonstrating the typical error: the right shoulder is far higher than the left which in turn does not allow him to transfer his weight to the right at the top of his backswing. From here, his transition into his downswing would end up being overly steep. Turn your shoulders more in a rotary fashion (3, 4). This will help you transfer your weight onto the right leg and shallow out your downswing for better contact and impart more spin on the ball. ♣

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