



**PRITAM  
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LESSON TEE



## DITCH THE 'SNATCH AND LIFT'

Start square to come in square at impact

**I**T MIGHT WORK IN WEIGHTLIFTING, but trying to 'snatch and lift' the club in the takeaway will do nothing for your golf swing. In fact it's positively detrimental and will set you up on a wrong swing path from the start which means you're going to be compensating all through the swing to get the clubhead square. This is how it usually happens: when you pick the club up abruptly with your hands, the tendency is to pull it on an excessive inside path (Picture 2), which is also because you are trying to artificially swing on an inside-to-outside swing plane. I've observed both amateurs and

professionals making this mistake while playing. PGTI professional Aditya Singh had got into this habit while working on his swing plane. As he's demonstrating here, the inside takeaway would only compound problems (as it led to the club swinging to an 'across the plane' position at the top of the backswing when picture 3 was clicked).

To make matters worse, to stay stable, Aditya would have to move his weight to the toes at the top of his backswing. Not surprisingly, this led to inconsistency and all sorts of compensating moves in the downswing. We've worked on getting him to take a squarer takeaway

(picture 3) which automatically leads to a much better position at the top of his backswing. As shown in picture 5, on top of the backswing, his right elbow is sitting nicely on his right lat and his weight is more centered now. This helps him make an easier transition into the ball on the downswing. He can also focus on the sequence of his downswing, rather than worry about hitting the ball square that happens without any manipulation of the hands.

Check your backswing positions in front of a mirror at home to make sure you're starting your takeaway on the right path. ♣

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