

THE SIMPLE WAY TO A SOLID BACKSWING

GET THE RIGHT LENGTH, COIL AND PLANE WITH THIS EASY DRILL

You can't repeat your best backswing because you don't know which one that is.

THE PROBLEM

When you make your backswing, you rely on feel, intuition and luck to set the club properly on plane and load up energy for your downswing. As a result, you hardly ever get where you need to be at the top.

THE DRILL THAT FIXES IT

Here's an easy way to nail your backswing in the three most critical areas: length, coil and plane. Get these right and you can pretty much put the rest of your swing on autopilot.



STEP 1: Get into your standard address position with a mid-iron.



STEP 2: Without moving anything else, hinge the club up with your wrists until the shaft sits at a 45-degree angle. Hinge straight up—the clubface should still be square to your target line.



STEP 3: Again, without moving anything else, turn your torso and hips to the right until they can no longer turn. Don't force anything—stop when your hips and torso tell you to stop.

Voilà! You're now in the most fundamentally solid backswing position you've probably been in for the last five seasons. Repeat the drill over and over, each time holding the end position to get a feel for the simple—yet critical—components of a solid backswing (the length, coil and plane). If you can mimic this position when you swing the club for real, you'll make better contact and hit the ball straighter with every club in your bag, including your longer irons and woods.



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