

How to finish with the weight forward

1. To finish with the weight forward you will need to start this movement at the top of the backswing.
2. Once you get to the top the leading hip will start to move towards the target
3. Allow this lateral weight shift as you start coming down into the through swing and then finish off with a turn through to face the target
4. So the downswing is initially a lateral movement towards the target and then a turn through.
5. Finish with a nice balanced position with the weight on the front foot and the right heel off the ground and toe pointing down.

GOOD LUCK