

Mini Tips on Rotation

1. Turn your back on the target and then your front on the target
2. Turn your top half to 90 degrees to the target
3. Don't forget that your starting position and your impact position are not the same, so turn your hips through impact as you swing through
4. Place a club across your shoulders and simulate your backswing keeping the club fairly level to the ground, do the same with club across the hips.
5. Stay connected, elbows close, especially during the early part of the backswing, this helps keep the body involved in the swing
6. Imagine tossing a frisbee to simulate the body motion and rotation of the swing
7. Pass the basketball to an imaginary person next to you to simulate the correct body turn during the swing.

GOOD LUCK