

## Mini Tips for Rotation

1. Involve the body: This is crucial for power. The body (mainly shoulder) turn is the biggest generator of power in the swing, so allow the body to turn. Turn your back on the target and then turn your front onto the target.
2. Club across hips: Place a club across your hips to simulate a correct hip turn in the swing. Keep the club parallel to the ground as you turn back and don't let it tilt down towards the ground too much.
3. Right (trailing) elbow tuck drill: Take your set up without a club and drop your leading arm down leaving your trailing elbow tucked close to your side. Turn back and through keeping your elbow close to your side. This simulates the correct turn and the involvement of the body in the swing.
4. Frisbee drill: Take your set up with a frisbee in your leading hand rather than a club. Turn back like the backswing in golf and as you turn through fling the frisbee out and down the fairway. Feel how you need to use your body and shoulder turn to create any power. This feeling is similar to that of the swing.

The bottom line is that the body needs to turn in the swing, so don't restrict the movement, especially of the shoulders

GOOD LUCK,

Anne