

How to swing in 5 steps

1. Initiate the backswing with the left shoulder
2. Cock the wrists at the same time on the backswing
3. Transition through to the downswing by moving the weight across to the front foot
4. Turn through to face the target
5. Finish with the weight on the front foot

Do some slow practise swings to start off and then build up the speed as you feel more confident.

GOOD LUCK,

Anne