

# Be Dynamic

Swing away from and then back towards your target to create a powerful and repeatable swing.

BY JENNIFER HUDSON



A DYNAMIC BACKSWING responds to where you want the energy of your swing and your ball to go — namely the target. For most golfers, swing challenges start with the idea that they should hit at the ball or help the ball into the air. These intentions create many different types of swings that rarely result in good contact, direction or distance.

However, if your intentions remain committed to swinging away from and then back towards the target, you will likely resolve any challenges related to swing direction, weight shift, balance and arm-to-body connection.

These photos, from two drills I am working on with this student, demonstrate proper swing technique. As you start your backswing you should also keep these three key checkpoints in mind. First, feel your arms and body start together. Next, allow your weight to shift into your trail foot instep. Last, maintain your posture.

If you can achieve these three key checkpoints while swinging away from the target, you will have a balanced swing ready to deliver a powerful and effective forward swing through the ball.

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## Swing The Rope, Feel Your Path

**TOP:** The visual and feel of swinging a rope away from and back towards your target will synchronize your arms and body, creating a dynamic swing that delivers energy through impact and speed towards the target.

**BOTTOM:** By making it your goal to swing away from and back towards the target, your swing becomes more powerful and your ball flight more accurate.

## Create A Backswing That Is Ready To Deliver Effortless Power

**LEFT:** Place a ball – say a soft volleyball, kickball or soccer ball – so that it comfortably fits in between your elbows and forearms. After taking your address position, swing directly towards the target first until your club, the ball's center and your body's center are pointing at the target. Allow your trail foot and knee to naturally pivot towards the target.

**RIGHT:** From that start position, swing directly away from the target until your hands are waist high. At this point your club should still be pointed down at the target line. Hold this position for five seconds. At the top of the backswing, your weight should be on the instep of your trail foot, your back to the target and your clubhead aligned with the center of the ball and the center of your chest. You will still feel bent over in the posture you created at address. If you can start with your arms and body swinging away from the target together, you will be ready to easily swing back towards the target with effortless power and speed!

