

TURN ON the power

A good backswing leads to effortless swing speed

IT'S very difficult to hit powerful shots without making a full shoulder turn. Ideally, by the end of your backswing, your back should have turned 90° to face the target. From here you'll find power is built into your swing without having to make any extra effort.

1, 2 & 3

Compare my position at address and then at the top of my backswing. You can see that while my lower body has moved relatively little, my shoulders have turned fully 90°. From this position I've got every chance of hitting a good, powerful shot.

From behind, note how much of the front of my sweater is in view, again demonstrating an effective shoulder turn.





Mickey WALKER

teaches at The Warren Golf Club,

in Essex. She can be contacted on 01277 352 702 or via e-mail at mickey@mickeywalker.com to book a lesson or a place on one of her golf schools. For more details, visit www.mickeywalker.com



4 & 5

One of the most common ways in which backswings go wrong. Here I have tilted rather than turned my shoulders, creating an inverted 'C' shape with my left side. This lean to the left means that I have not transferred my weight and thus lost one of my main sources of power.



6 & 7

This is the opposite problem. I have turned my shoulders, but my wrists and right elbow haven't hinged, making the armswing far too much around rather than up. From here it is almost impossible to get a good angle from which to attack the ball.



8 & 9

Here's a really simple but effective drill to help you get into the right position at the top of your swing. With your arms crossed, hold a club across your shoulders and make as if to set up to the ball, so that the club points at your target. Then turn away from the ball until the club has turned through 90° and is pointing at right angles to its direction at address.

Would your game benefit from some personalised instruction from Mickey?

Turn to page 37 where your questions are answered and there's even a chance to win some Wilson DNA Lady golf balls.