

14. Restricting the Backswing Size by Reducing the Body's Response

Causes

1. Thinking that the backswing is too long.
2. Too much rigidity in arms and wrists.

Effect

When the backswing is restricted by reducing the body response, which in turn reduces the shoulder turn, the forward swing will be started with the shoulders being overturned at the beginning of the forward swing. This will result in:

- a. The club being forced to approach the golf ball from a line crossing the target line to the left (outside in).
- b. The center of the swing moving to the left before impact.
- c. The ball starting out to the left of the target.
- d. The ball developing a clockwise spin causing it to slice.
- e. The trajectory of the shot being lowered considerably.
- f. Distance being very poor.

If this problem is exaggerated, it could result in topping the ball.

Correction

To correct #1: You should make no effort to decrease your backswing by restricting your body response. The size of the backswing should be an instinctive reaction based on the distance the ball is to be sent. In full shots, the size of the backswing depends mostly on the player's flexibility, and this differs from player to player.

To correct #2: At all times, flexibility and freedom are essential for good performance, consistency, and speed. You must maintain an attitude of ease in the body and arms—any rigidity translates into failure.

Whether the swing is short or long, you must remain 100% synchronized and unified with the club's motion. If you wish to play with a shorter swing, you must allow your body to respond naturally to the shorter swing. The swing cannot be shortened by restricting your body motion and still have shots of good quality.

When swinging the club back, the clubhead and the shoulders must start together and must stay together until the backswing is completed.