

TIPS FROM THE PRO

Poor Arm Stability



Good Arm Stability



Arm Stability

Often in golf instruction we hear that having a straight left arm is crucial at the top of your swing. This isn't actually true! But, it is important to have good arm stability which means that your arms stop at the same spot every time during the backswing and maintain the proper width/depth relative to your body. This allows the golfer to maintain lag during the downswing and hit the ball more solid.

Try the Wall Drill – Stand with your left foot flush with a wall (as if you are swinging into it) and practice making backswings with maximum shoulder turn pushing your arms out to the point that the club doesn't touch the wall. If your arms break down you will hit the wall but if they are stable, the club will stop short of it. Now that is a solid top position!



Before you head South for the season, bring your game up a notch with a lesson. Call Amy: 989-731-8402 to schedule. This tip is provided to you from PGA Head Golf Professional /Director of Instruction Joe Charles.

