

What Starts the Downswing?

What starts the downswing? I get a lot of different answers when I ask my students that question.

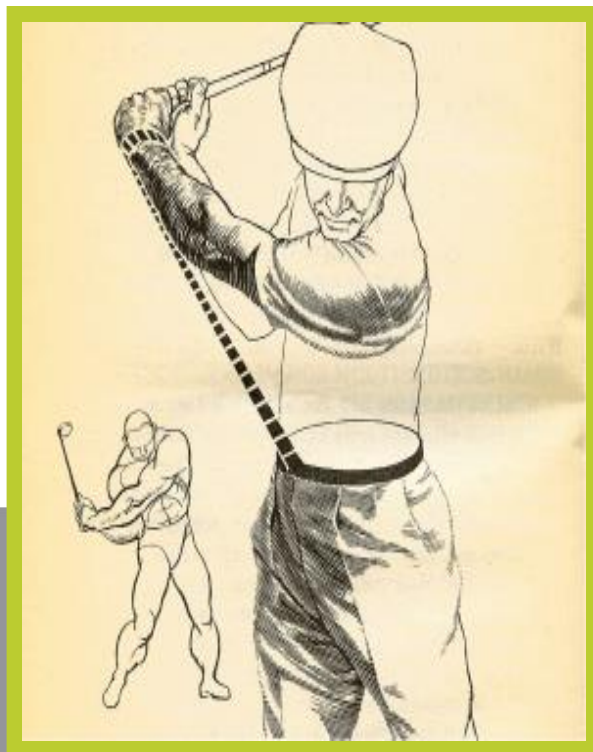
Some say to start with your hands, some say to start your downswing with your shoulders, etc.... but – the downswing starts from the ground up!

What that means is that you must get back to your left foot and leg as you unwind into your left hip. (This is for right-handers – for lefthanders, substitute 'right' for 'left').

Unfortunately it is common for many golfers to start the downswing by throwing the club head down into the ball, and/or spinning their shoulders. All this does is cause a variety of bad shots which include: chunky shots where you take more turf than ball, or big, ugly slices.

Both the path the club is traveling and the poor contact with the ball will give you an indication that it was not a solid and powerful strike of the golf ball.

Start your downswing by shifting back to your left leg AND unwinding your left hip into your left leg. (remember, lefties, think 'right!'). Notice the club handle and the relationship with the left hip in Picture #1.



Picture # 1

Courtesy of Ben Hogan's book 'The Modern Fundamentals of Golf'

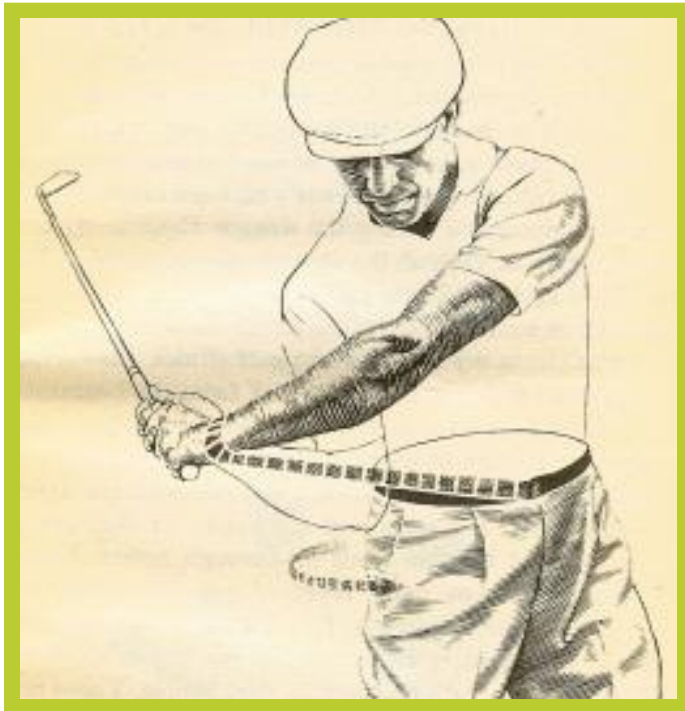
Testimonials:

" OH MY GOD... We just got back from hitting balls on the range...what a difference! I actually had the sense of leaving the club behind, but it might have been euphoria taking over....Jeff is hitting farther and straighter than ever..Can't wait to play again and CANNOT WAIT to have a lesson with video CD with you..." - EK , Ohio

"Thanks, Mary. I had fun and I learned a lot. You are a great instructor!" – DA, Sarasota



.....What Starts the Downswing?



Picture # 2

Courtesy of Ben Hogan's book 'The Modern Fundamentals of Golf'

The club head does not flip down into the ball as you start your downswing. It is quite the opposite – the club head and club handle stay at the same angle as it was on the backswing. It has traveled down because you have shifted your weight and unwound your hips.

By moving your lower half into position to start your downswing, you have given yourself an excellent chance of hitting the ball solidly and with power. Effortless power! – not powerless effort!

So remember, the downswing starts from the bottom (foot, legs, and hips), NOT from the top (hands, shoulders, arms).

“START YOUR DOWNSWING BY SHIFTING BACK TO YOUR LEFT LEG AND UNWINDING YOUR LEFT HIP INTO YOU LEFT LEG.”



Allie

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