

Heel your set up

If you aren't getting the power and consistency you deserve, it's time to whip out a pair of high heels

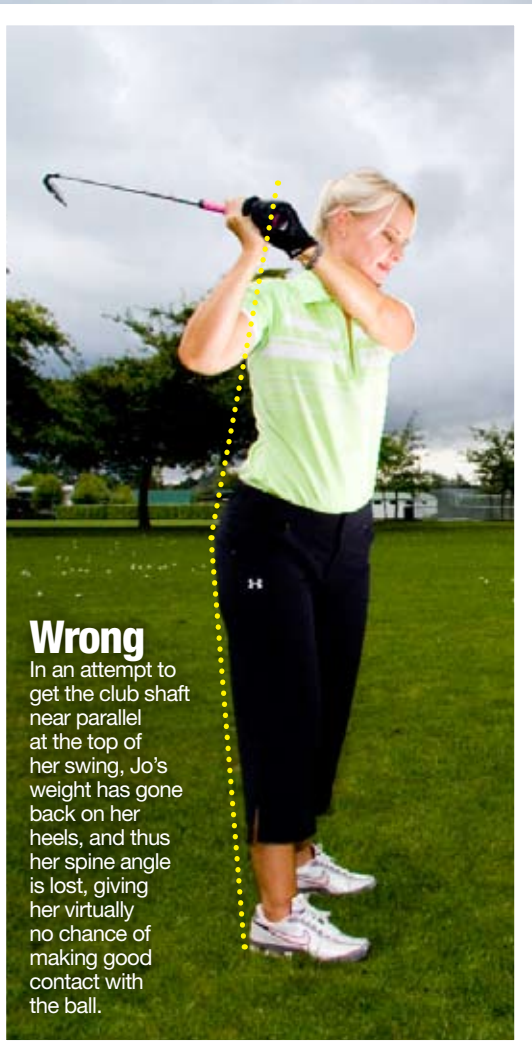
Jo dressed by
Under Armour





It's a problem I see every day on the course and at the practice range: women players lifting on their backswing, or what I also call posting-up. If you top the ball a lot, there's a good chance you have this fault. It's usually caused by golfers thinking they need to get the club shaft parallel

to the ground at the top of the swing. When you combine that with inflexibility and strength issues, the only way to get there is to either collapse your left arm or to lift your weight onto your heels. Here's an easy drill to get your swing on the correct plane.



Wrong

In an attempt to get the club shaft near parallel at the top of her swing, Jo's weight has gone back on her heels, and thus her spine angle is lost, giving her virtually no chance of making good contact with the ball.



Correct

Wearing a pair of high heels (at the range or before a round) Jo is forced to keep her weight more on her toes when she swings her club. If she doesn't, she will lose her balance. A spin-off is that Jo is now in the correct backswing position.



This drill is only to be done with a backswing. To avoid injury, it is important not to attempt to hit balls or even start the downswing or followthrough