



Cues from the Hardcourt for Proper Downswing Positioning

One of the biggest problems in the history of golf is slotting or positioning the club correctly in the downswing. Most golfers are over the top or too steep, widely caused by not using the body and the

ground properly. How your body changes direction in the transition or change in direction at the top of the swing allows the club to get in a good position on the downswing or "slot" properly. The golf

swing is made up of dynamic movements that create positions. This is why it's important to focus on the correct motion for the desired position.

In many cases, we as golfers already have been trained in the correct motion by another sport and we just need to connect the dots. In the spirit of the men's and women's basketball tournament, the jump shot or catch and shoot is the motion we need in transition. Picture this: You're at the top of the key facing the basket and you receive a pass from the right wing. As you catch the ball your pelvis pushes back as your arms swing the basketball in front of you before you shoot.

Step 1: When I turn to catch the ball my hips and shoulders rotate to catch the pass.

Step 2: When I turn to face the basket I push my hips back so my arms and basketball can get in front of me in a shooting position. What I don't do is catch the ball and immediately jump towards the basket like so many golfers, p and over the top.

Step 3: In transition you want to feel your lead leg push your lead hip back to meet your trail hip which causes a sitting position.

Step 4: This motion and change in direction in your body by using the ground properly slots the club in front of you promoting an excellent delivery of the club into the ball.

How to practice: First, use your imagination as if you were at the top of the key and you're receiving a pass from the right wing and shooting the ball towards the basket. Next, grab a club using no ball and make swings mimicking that motion. As you swing back your body rotates to catch the ball and sit in transition as the club works in front of you much like getting ready to shoot. Finally tee up a ball (8 iron recommended) hitting shots at full motion but 50% speed to allow your body to feel the similarity in shooting a basketball and hitting a golf ball.

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Step 1



Step 2



Step 3



Step 4