

SPECIAL REPORT

Maintaining Spine Angle



By Bobby Lopez, PGA



Maintaining spine angle is a “key” component for developing a repeatable golf swing motion. Consistency comes with proper posture, set-up and maintaining those same angles throughout the swing motion.

Less is more. The less movement the better. Less to time and less to recover from.

Every golfer has heard that old saying, “keep your head down”. That simple saying has ruined many a golf swing over the years. They should have said, “maintain your spine angle constant”.

Trying to keep your head down will only restrict your ability to make a full shoulder turn. Take a look at the picture of touring pro Craig Perks. From the frontal view you can see that his head has moved considerably in the back swing. Not only has his head moved by he also looks back a bit to give himself a little extra back swing turn and coil effect.

From the down line view it appears as if he doesn’t move his head at all. You know from the frontal view picture that his head does move.

Your head can move back, in fact it is preferable to do so, but you can not lift your spine or back out of position during the back swing motion. If you do you will need to replace your original

position or you will be further away from the ball then when you started.

does not determine how fast you can swing the golf club through impact.

One Giant Pitfall To Lifting Your Back - When one lifts their back

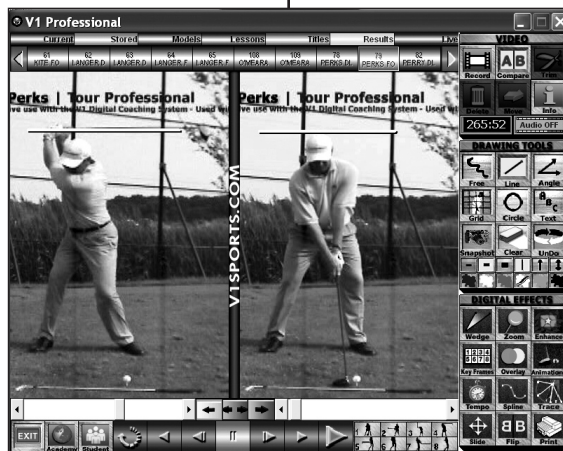
very detrimental to your ball striking.

It will cause that dreaded “over the top” move and negatively affect your ability to rotate the forearms through impact.

Here are some of the drills I would recommend for this swing fault:

- Shoulder Rotation Drill
- Elbow Drill
- Turn and Tilt Drill

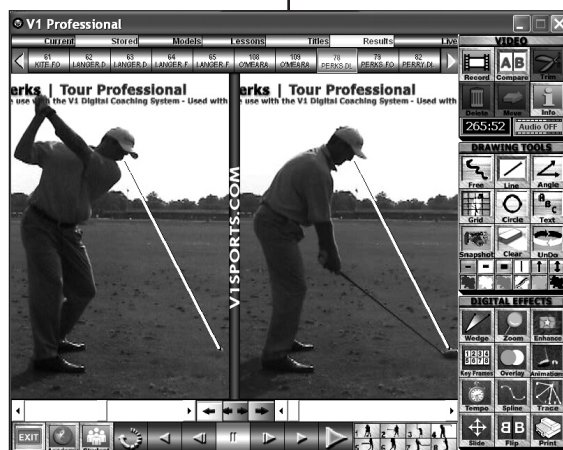
I would add working in front of a full length mirror. It might help to put a piece of tape on the mirror to mark your position at address so you have a point of reference.



In order to make a full back swing turn and coil effectively you may need to feel as if your chest is going slightly downward toward your back foot on the back swing.

You might have the

on the back swing motion the natural tendency is to replace the original position first. This means one will drive forward with the head and shoulders down and more importantly toward the ball which makes your swing



sensation that your back swing is shorter when performing this movement but nothing is further from the truth. The size of your back swing

lead with the upper body. Refer to the workshop bulletin on “Spinning Your Shoulders”. Leading your down swing with your shoulders is

Bobby Lopez is a PGA professional with 38 years of experience in the golf business.

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