

Wind up the power for your perfect swing

1: Sequence your backswing

TO CREATE power and consistency from your golf swing you first need to load up your backswing correctly.

In order to achieve this, here are some positions in your backswing that will help you to keep on track.

This doesn't mean that if you do not get exactly into these positions you can't hit a golf ball, they are merely guidelines. The closer you get to hitting these positions, the more effective your swing will become.

The first movement away from the ball is with your shoulders, arms and club moving as one unit.

Then your left thumb starts to hinge upwards so that you arrive at a position where your hands are just beyond your right leg, and your club shaft is both parallel to the ground and to the target line.

Then you continue to hinge your left thumb upwards to set your wrists with a 90-degree angle between your left arm and shaft by the time your left arm reaches a position where it is parallel to the ground.

From this position your shoulders now turn fully to complete your backswing, so that the line of your shoulders points behind the ball.

Your shoulders have turned against the resistance of your knees,



● PGA professional Andy Lamb demonstrates how to sequence your backswing in his new weekly golfing tips column

PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips

where your knees remain flexed and the gap between them is the same as it was at your address position. Also your weight has moved

into your right side.

Next week I shall explain how to unwind that power.

● For more information on the

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