

# Topics

- 3D – Phases of the swing – Backswing
- Anatomy – Physio Duct Tape
- Coaches Questions/Swing Discussions

## 3D Backswing

### Linear Body Movements

- Minimal lateral shift—either away from the target with the driver (1–2 inches away) or toward the target with the irons (1–2 inches towards)
- Slight drop of upper and lower body
- Minimal shift of the upper body toward the golf ball

### Thorax:

90 degree rotation

40 degree side bend

Close to zero extension

### Pelvis:

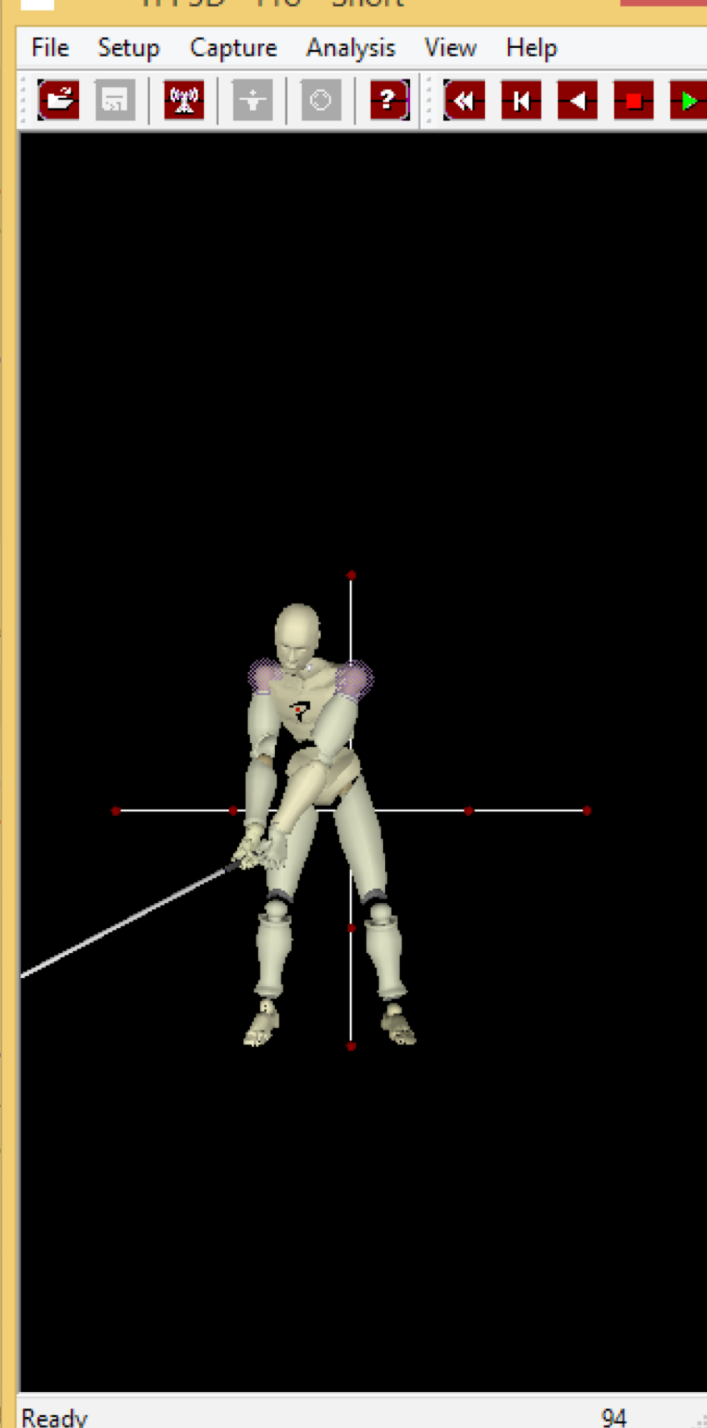
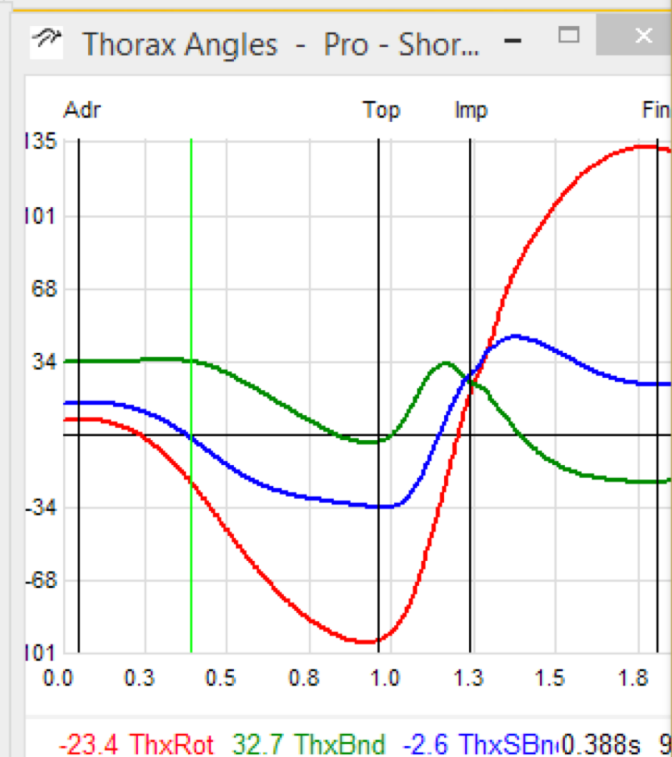
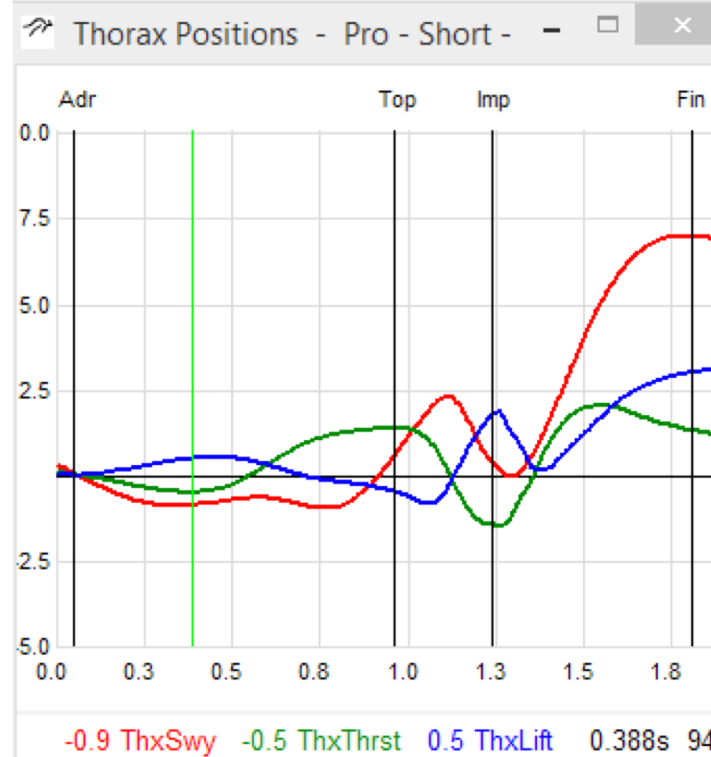
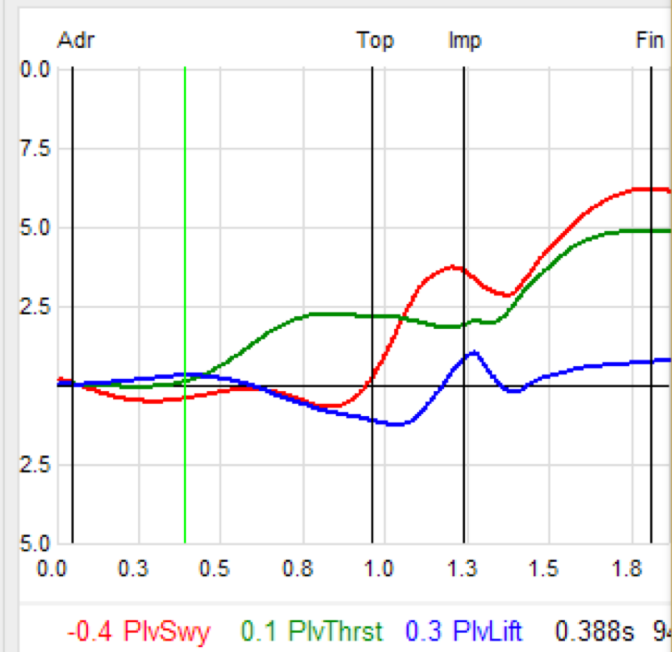
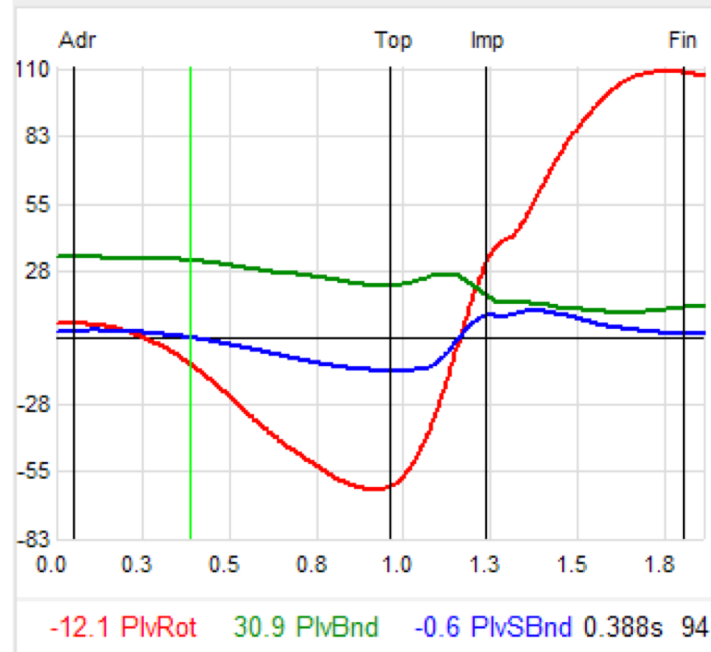
45 degree rotation

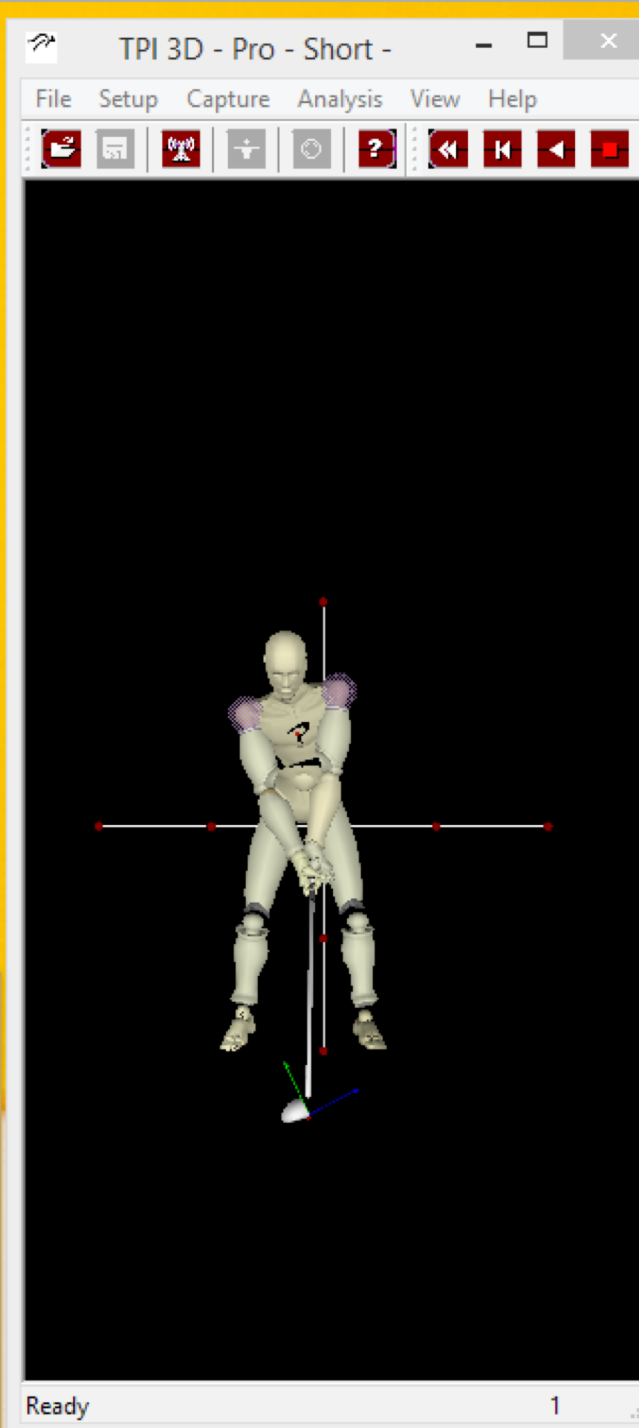
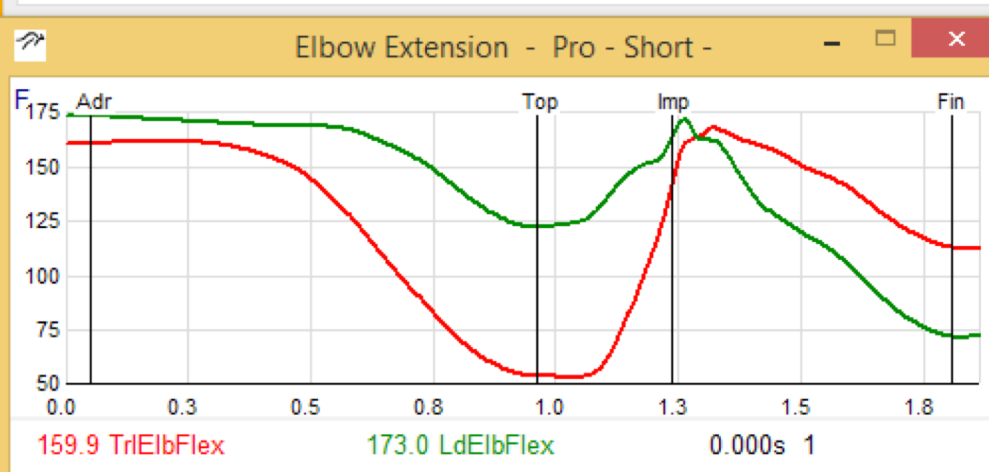
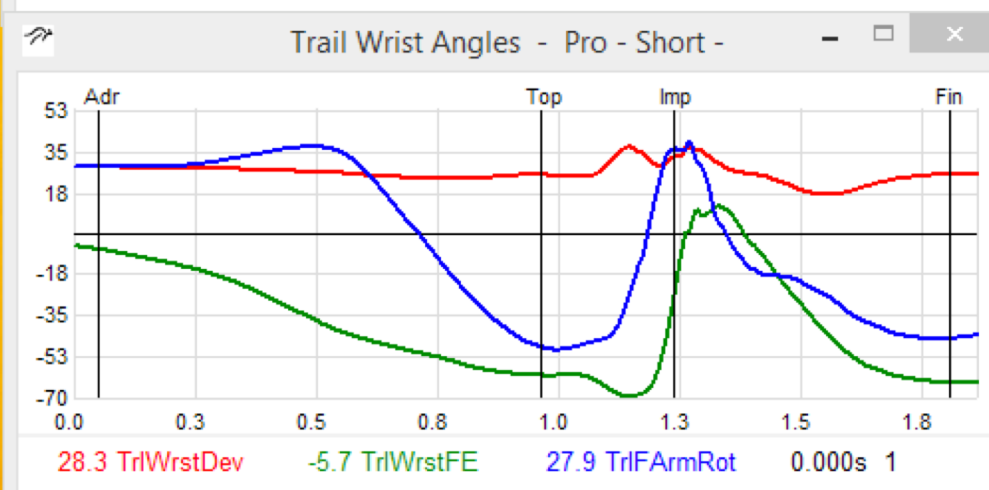
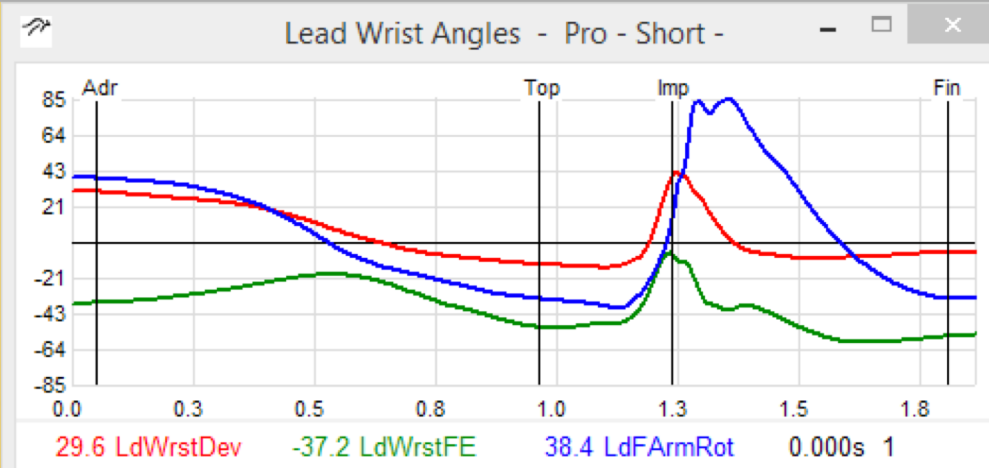
10 degree side bend

Slight pelvis posterior tilt

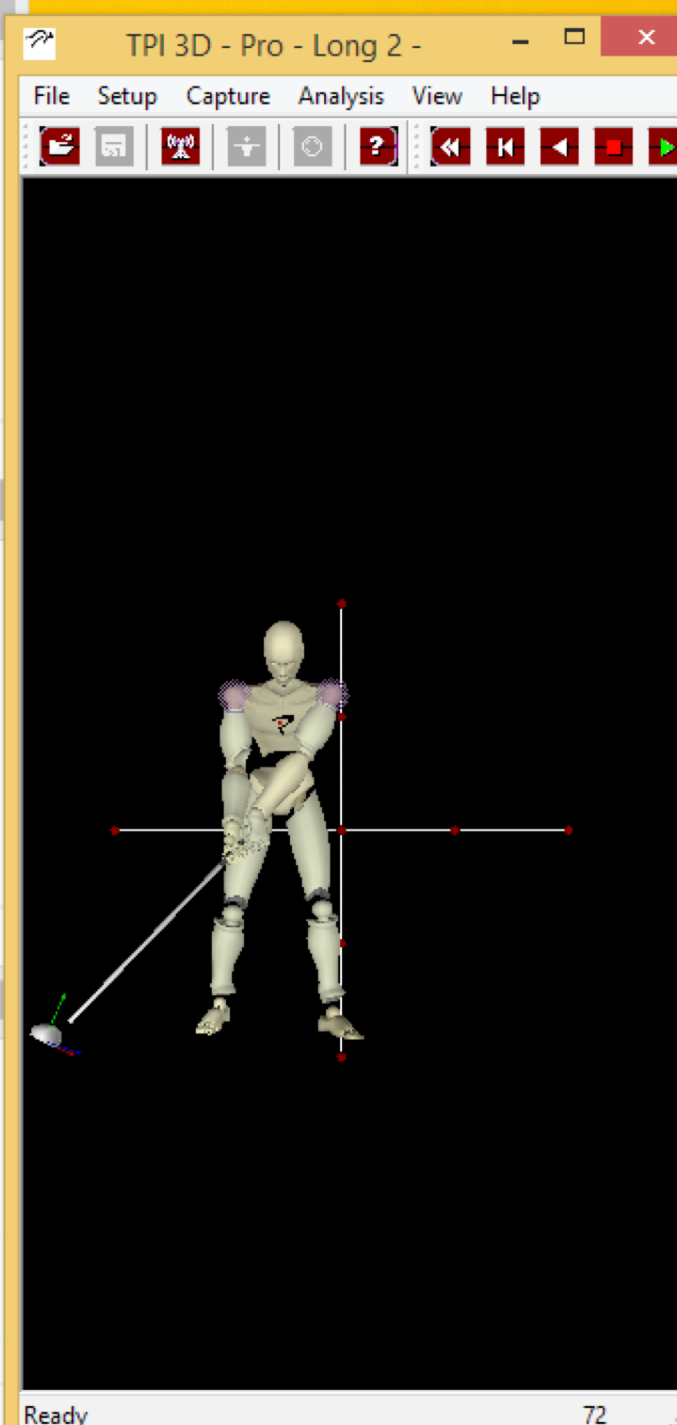
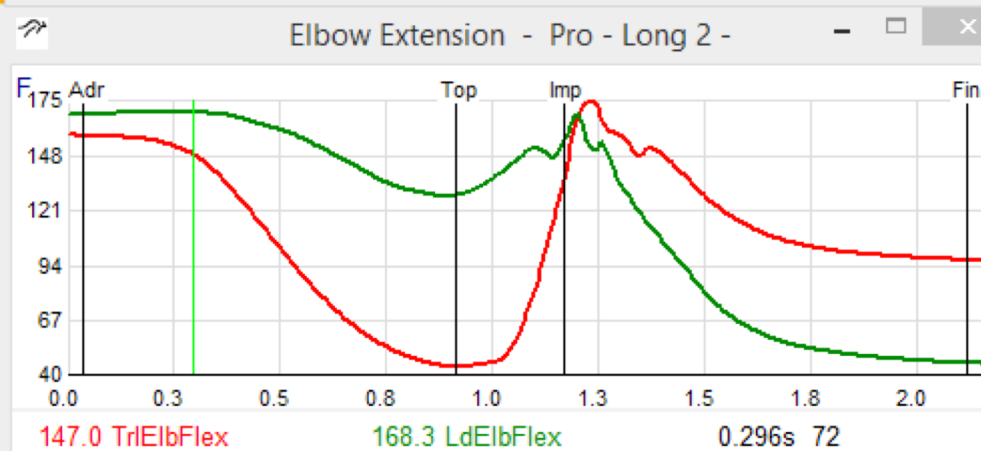
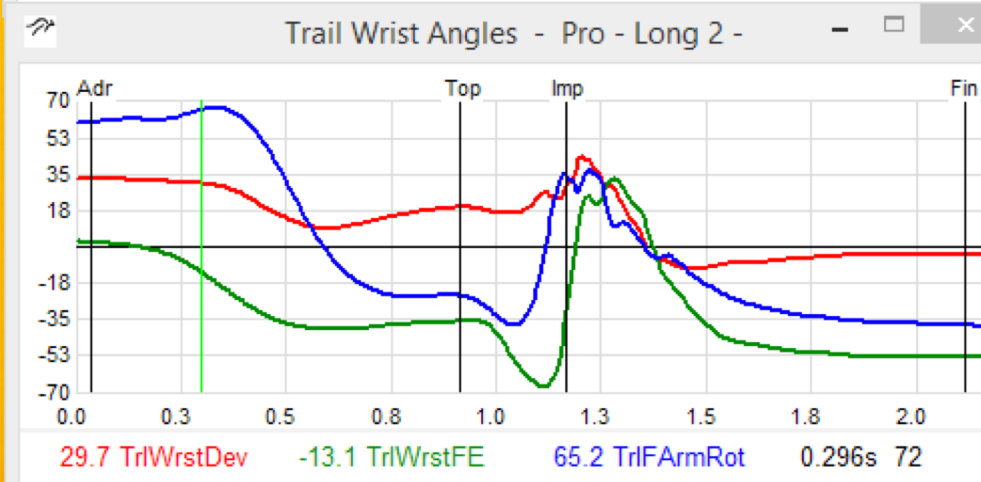
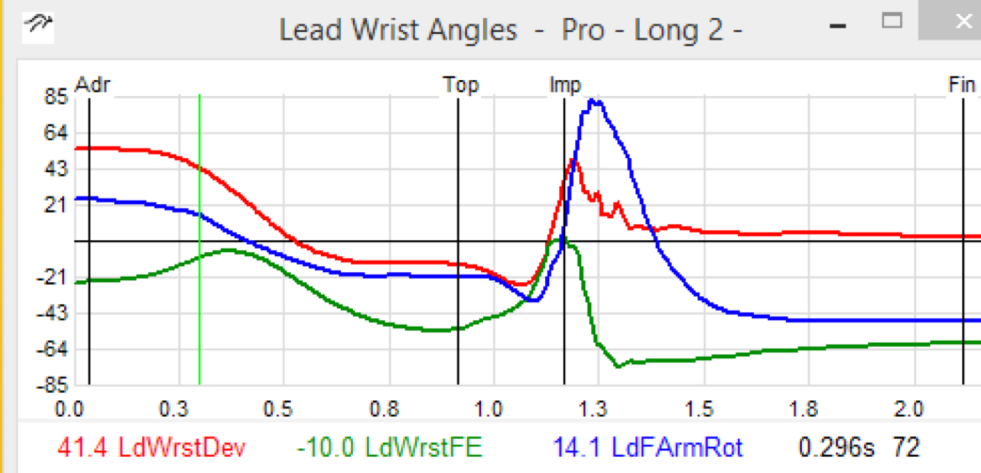
### ***Arm movements during the backswing***

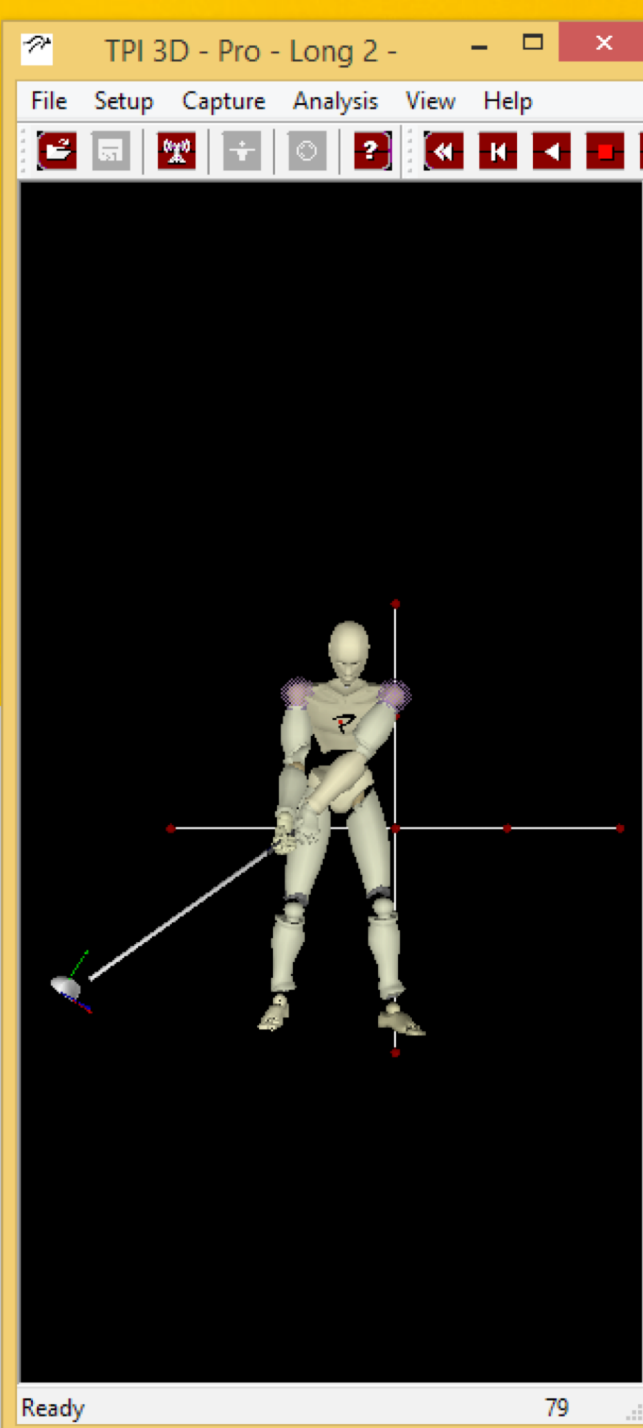
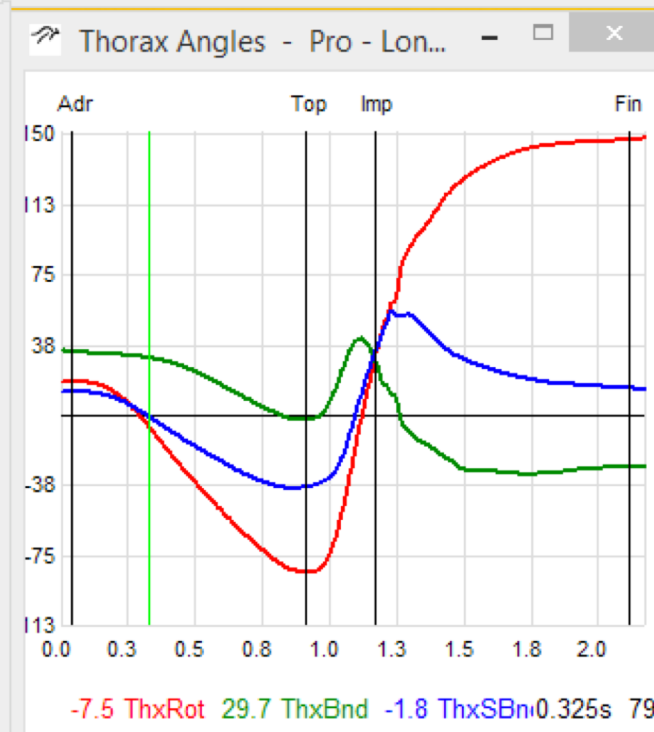
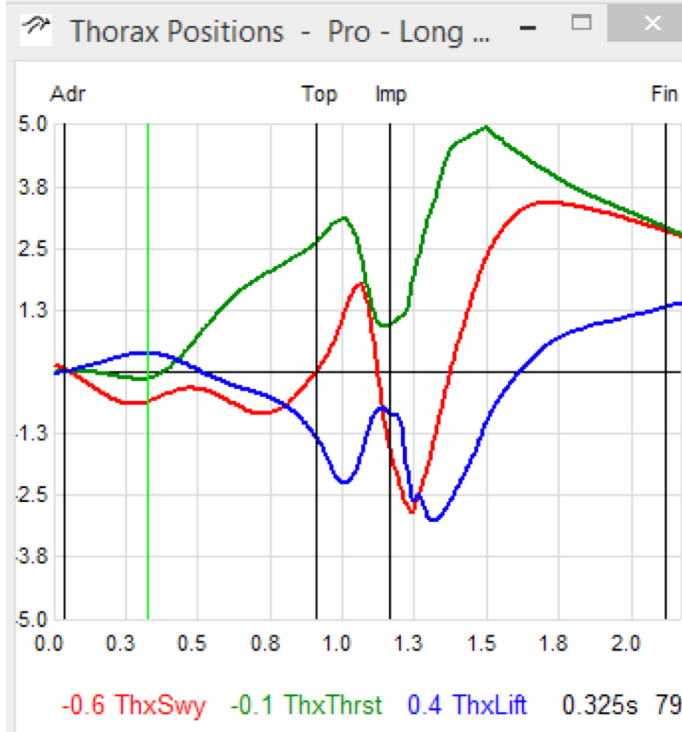
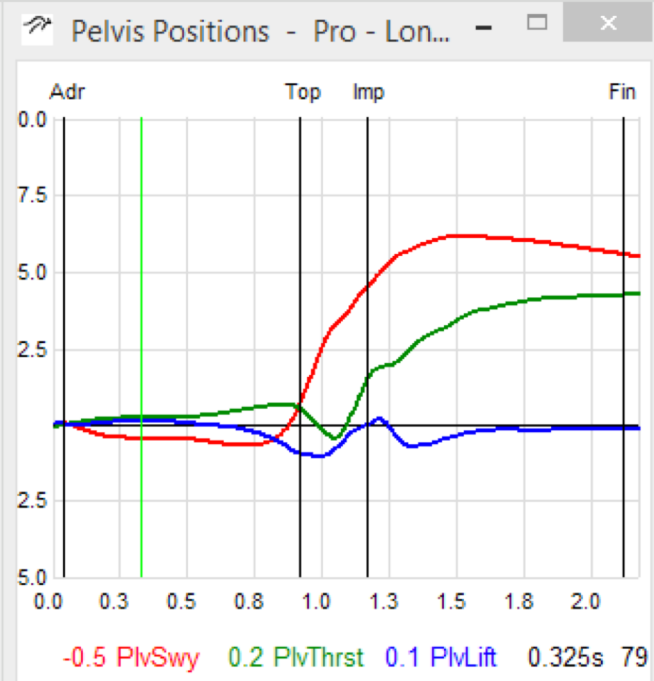
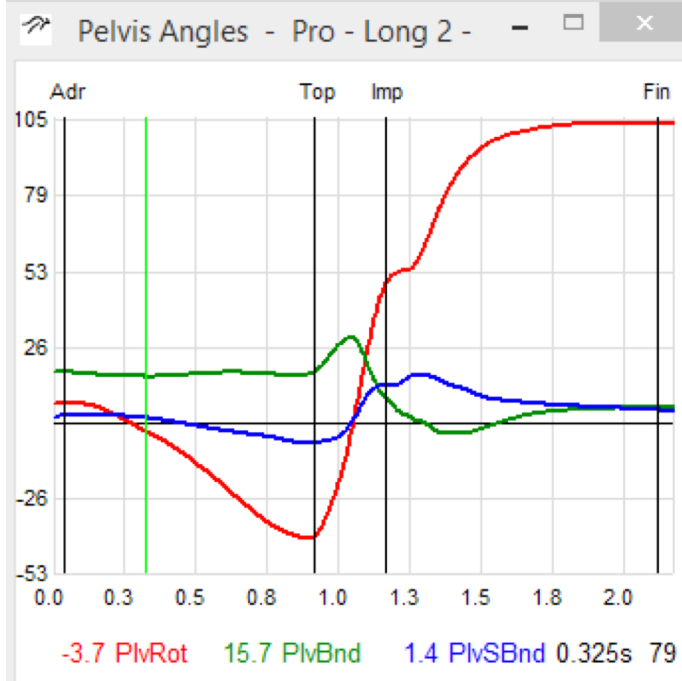
1. Left arm slightly lifts and the lead forearm rotates
2. Left wrist hinges
3. Right arm lifts/rotates
4. Right wrist extends
5. Right shoulder blade slightly retracts

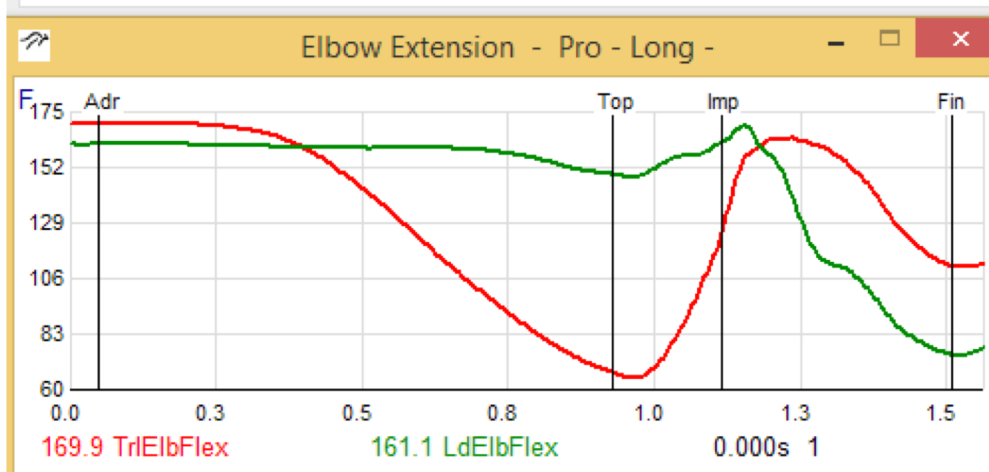
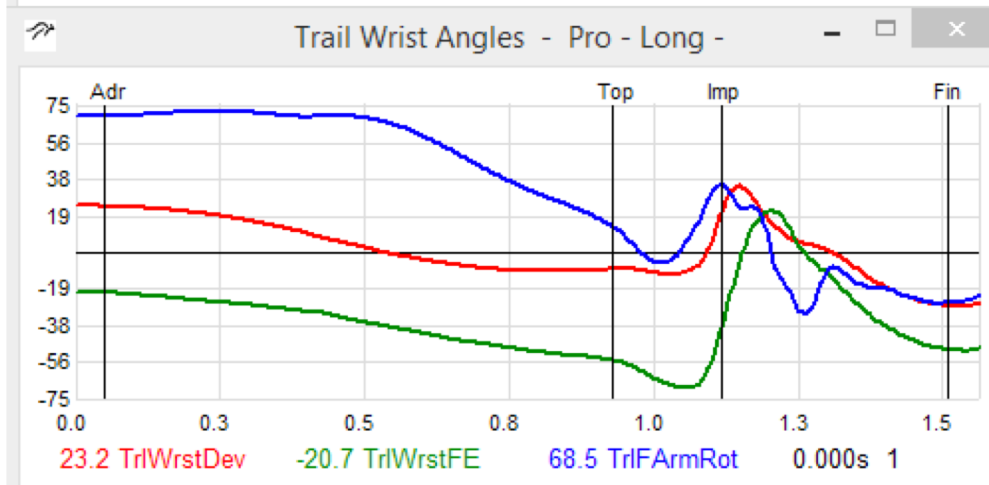
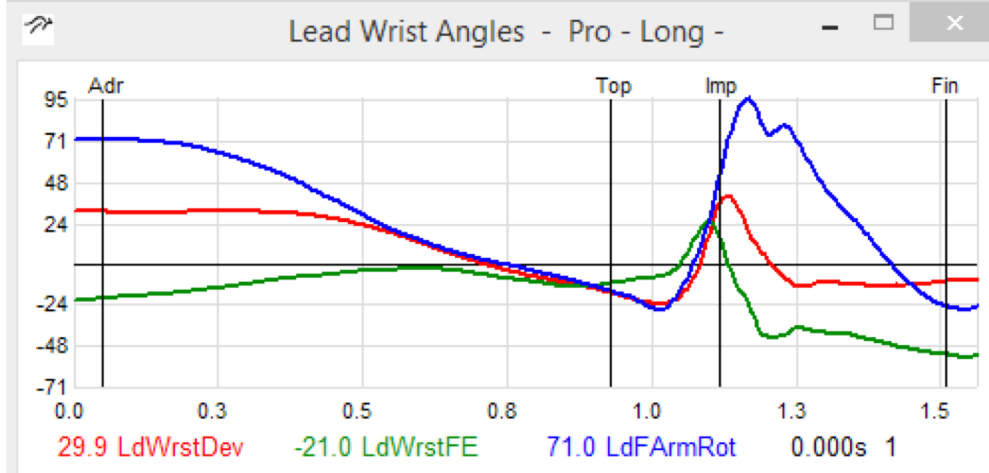


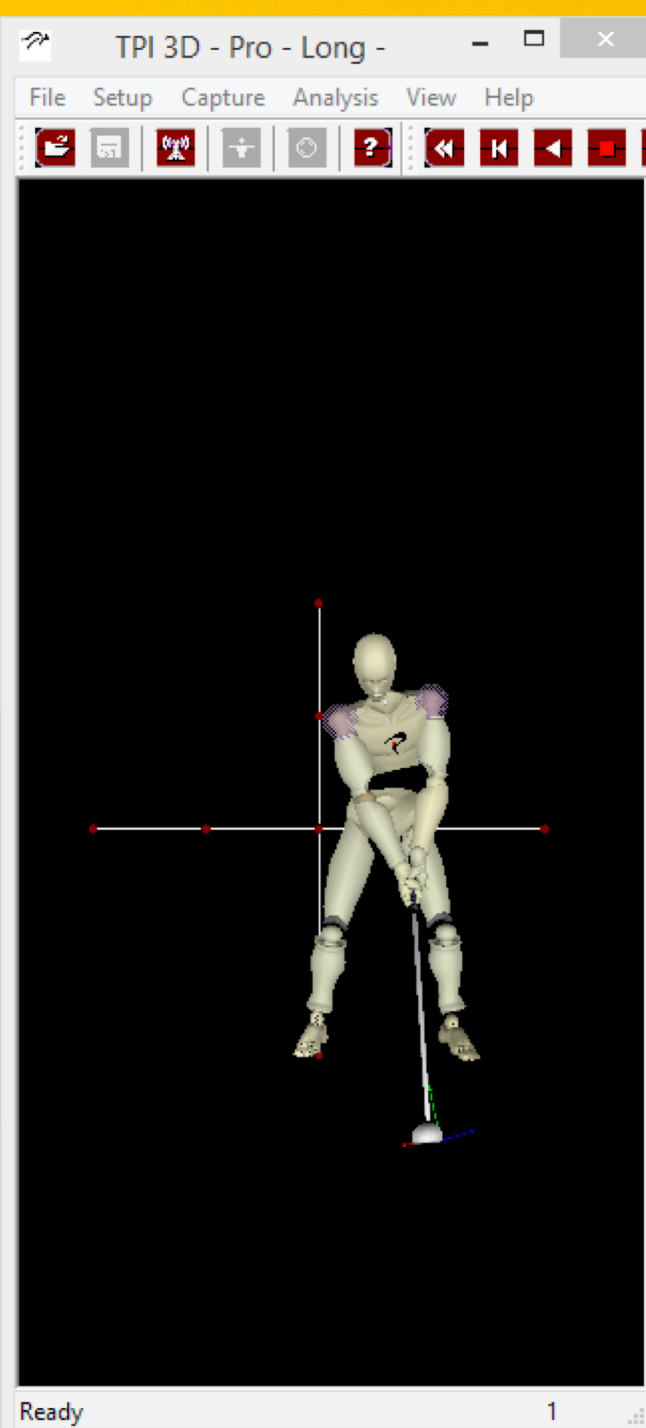
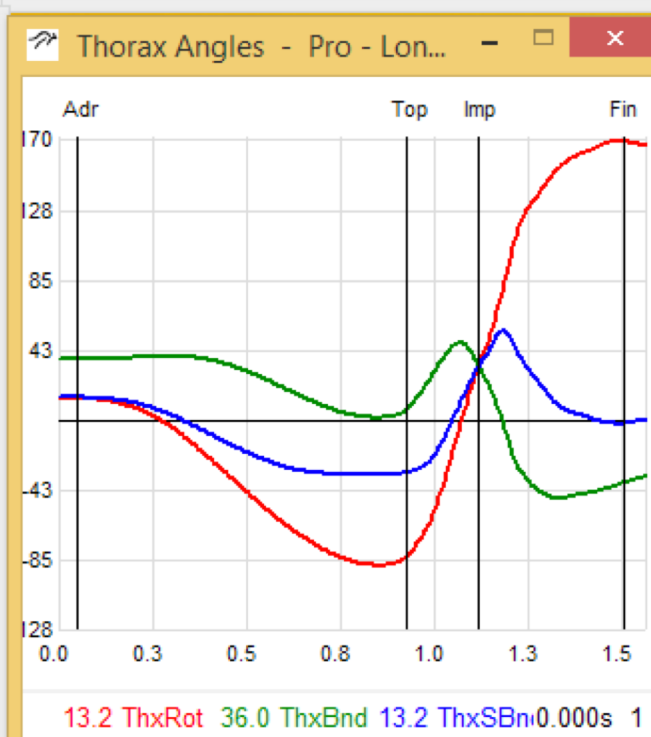
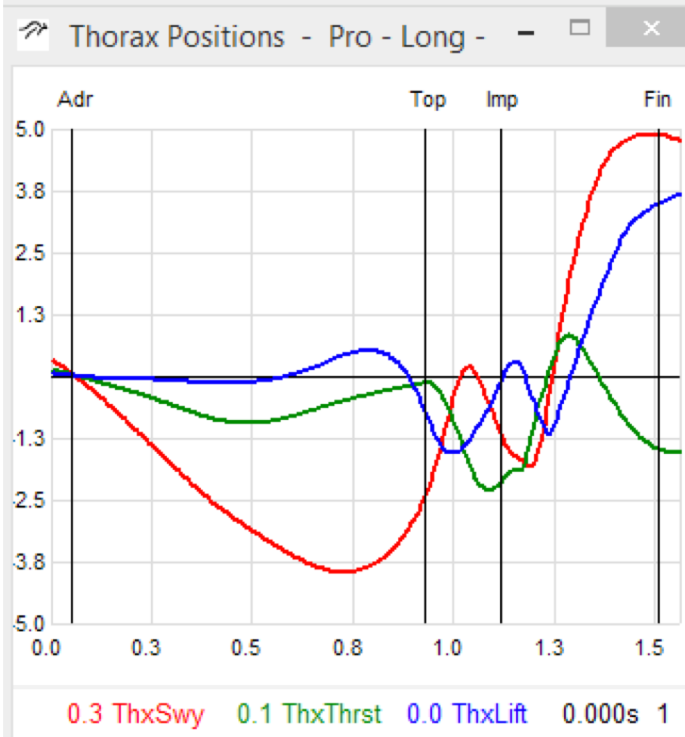
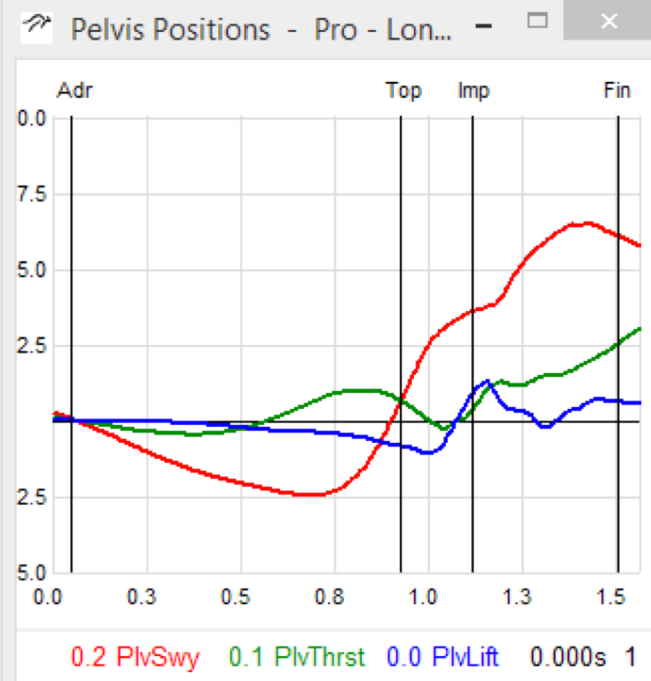
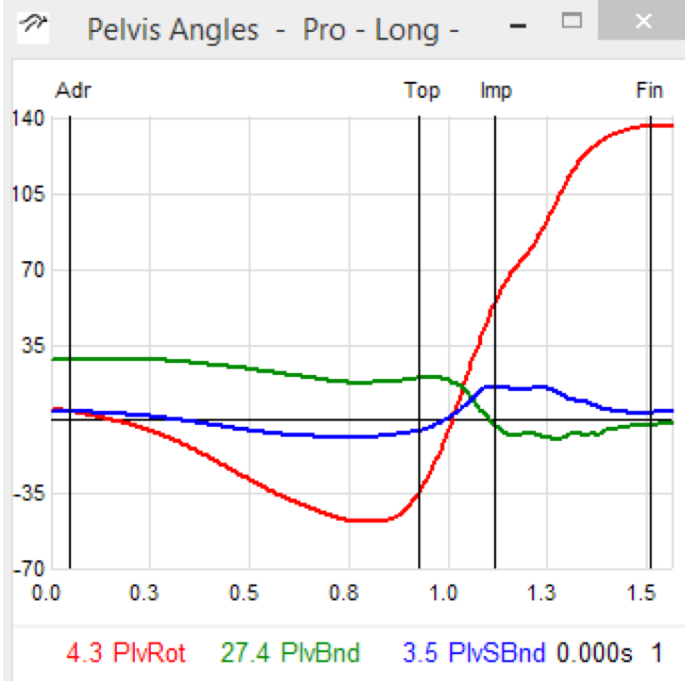


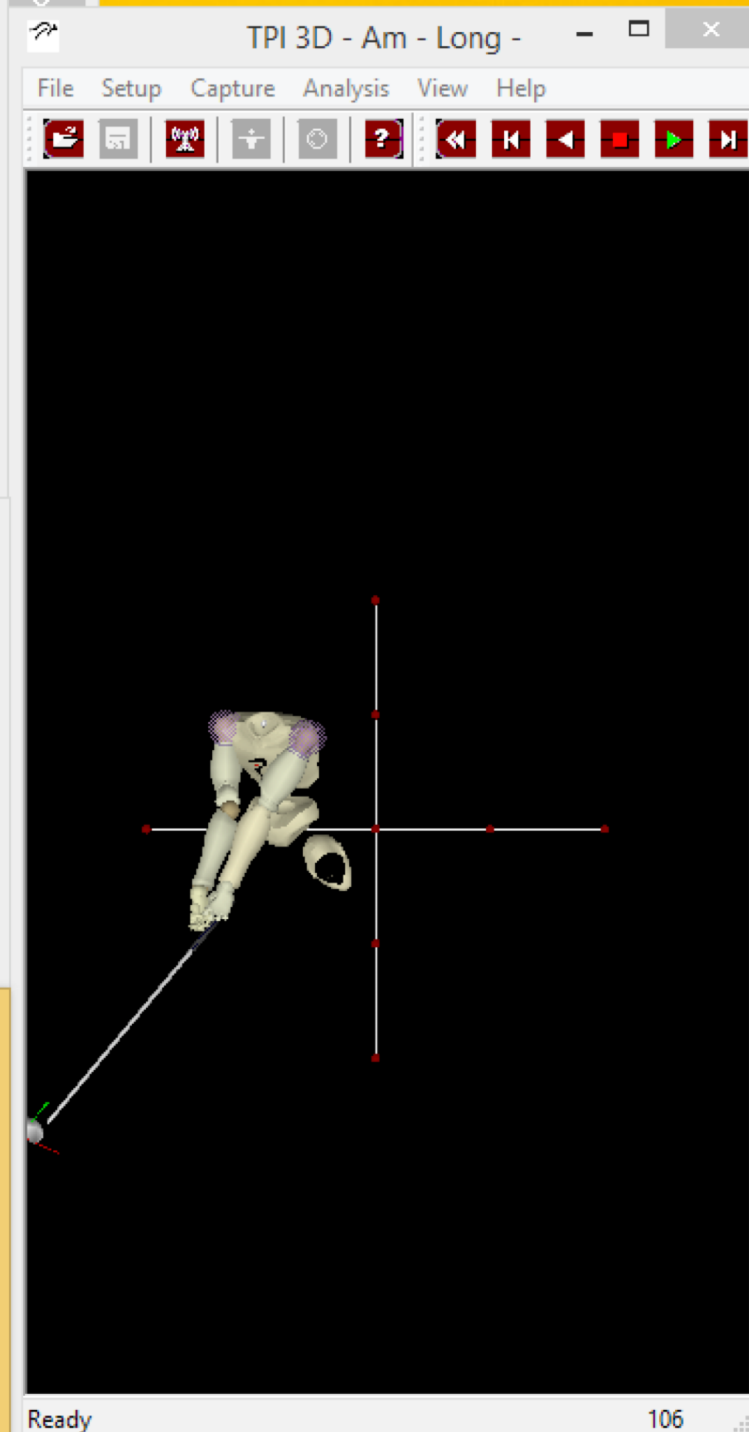
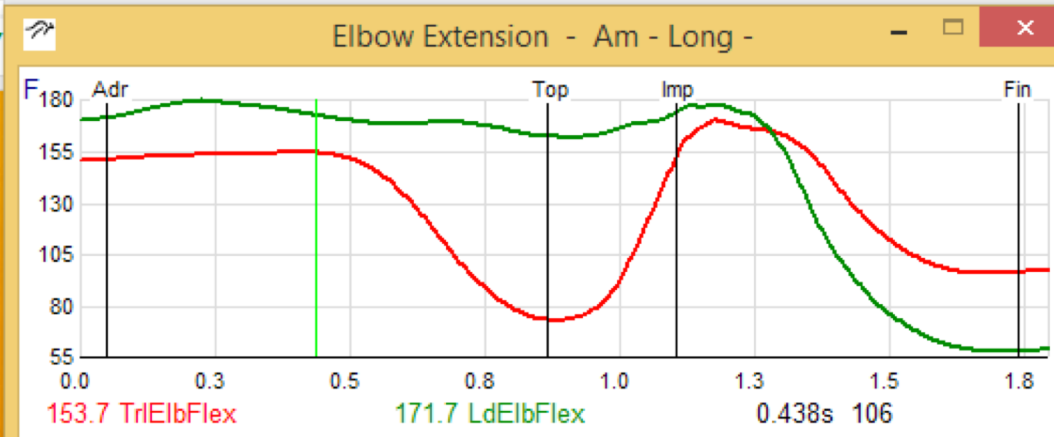
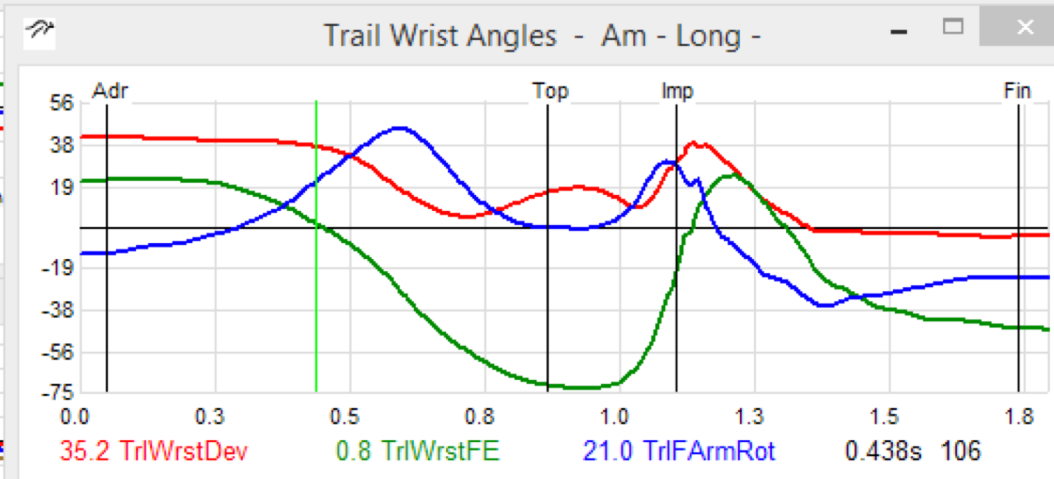
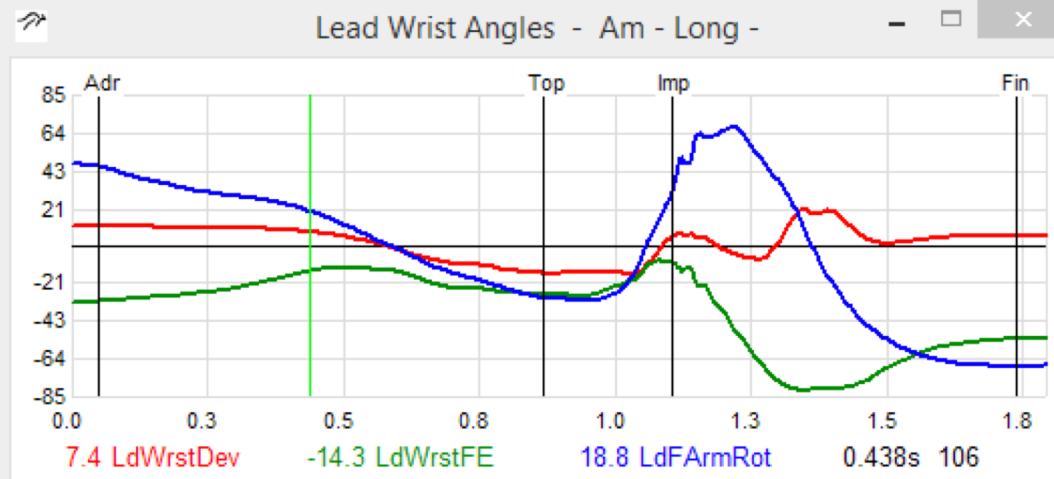


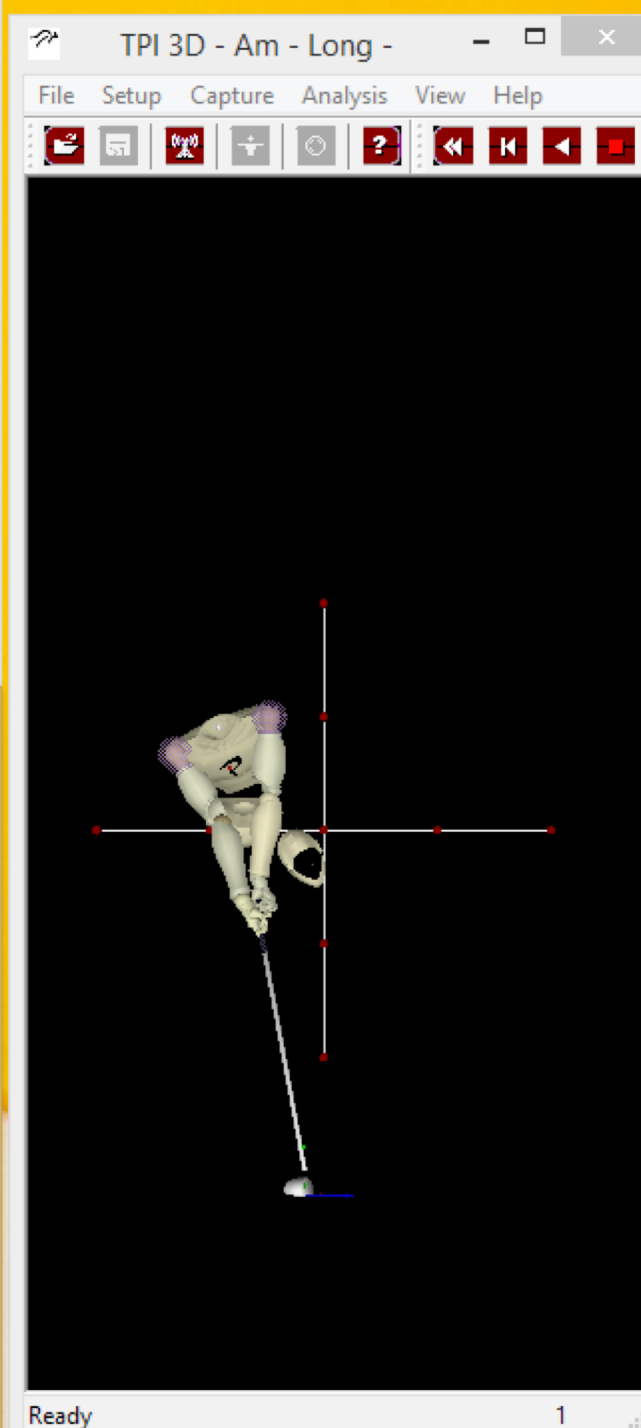
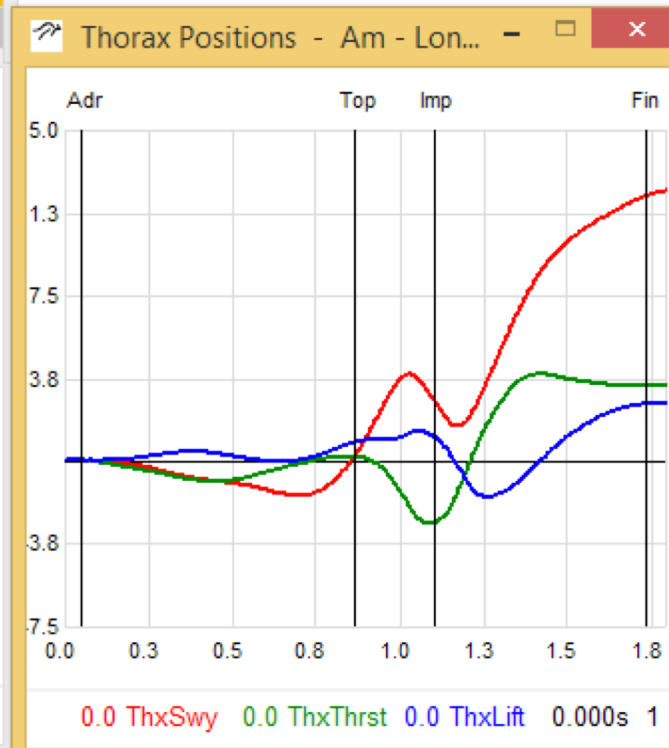
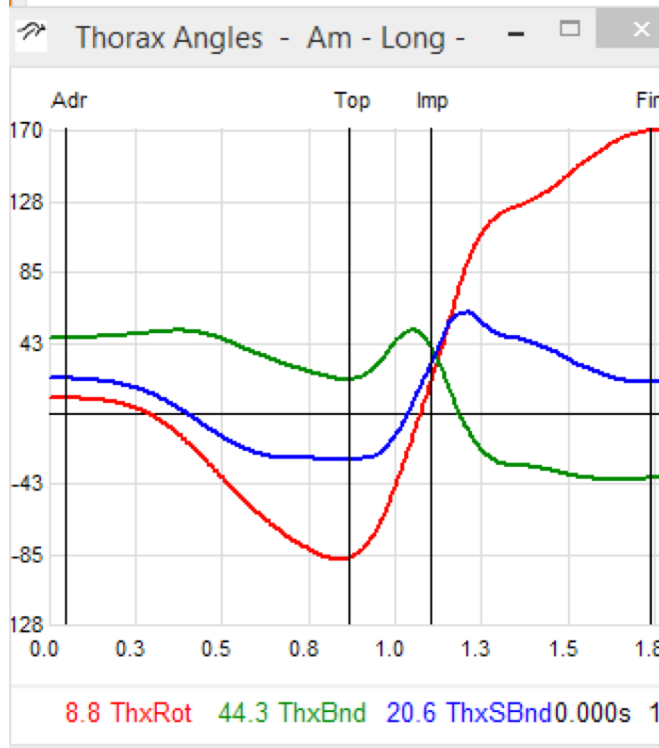
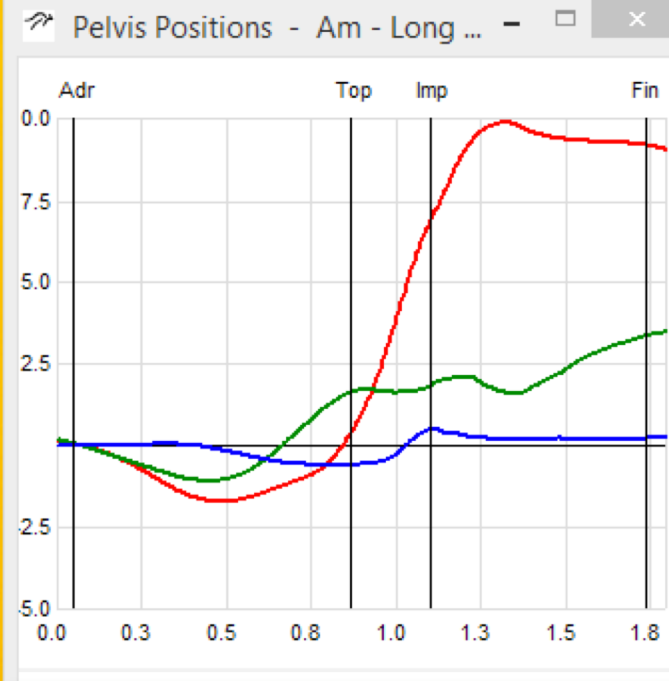
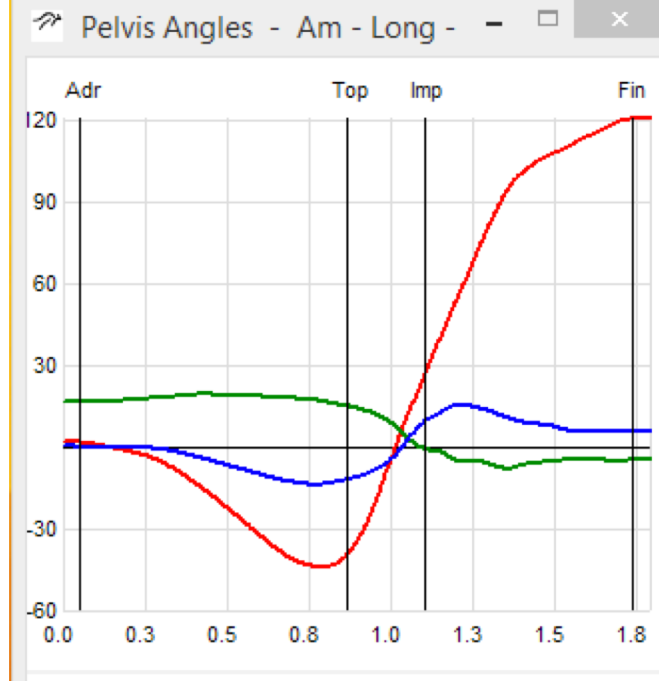


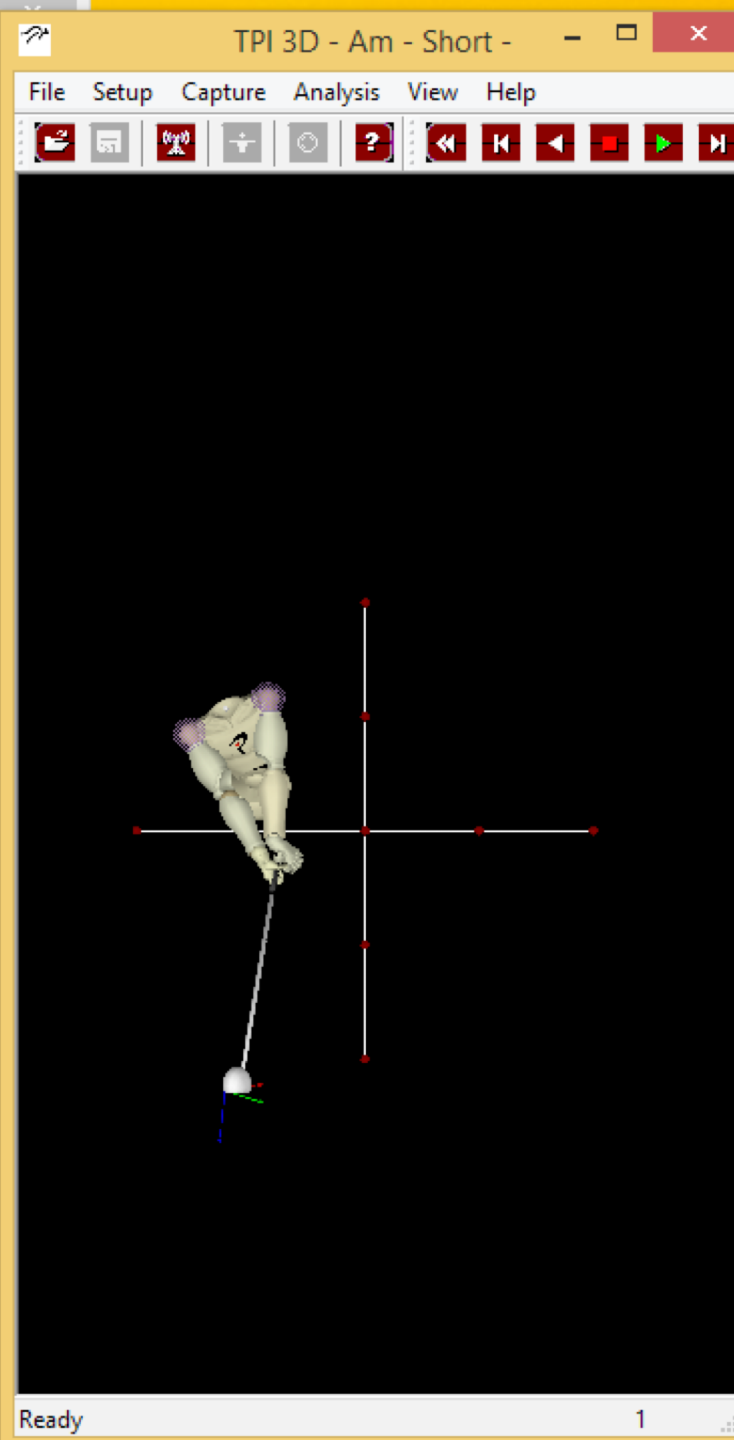
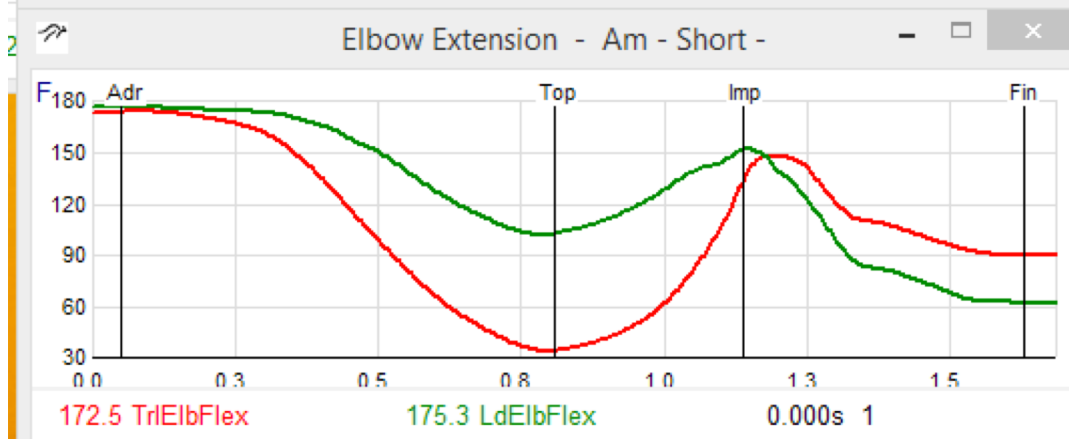
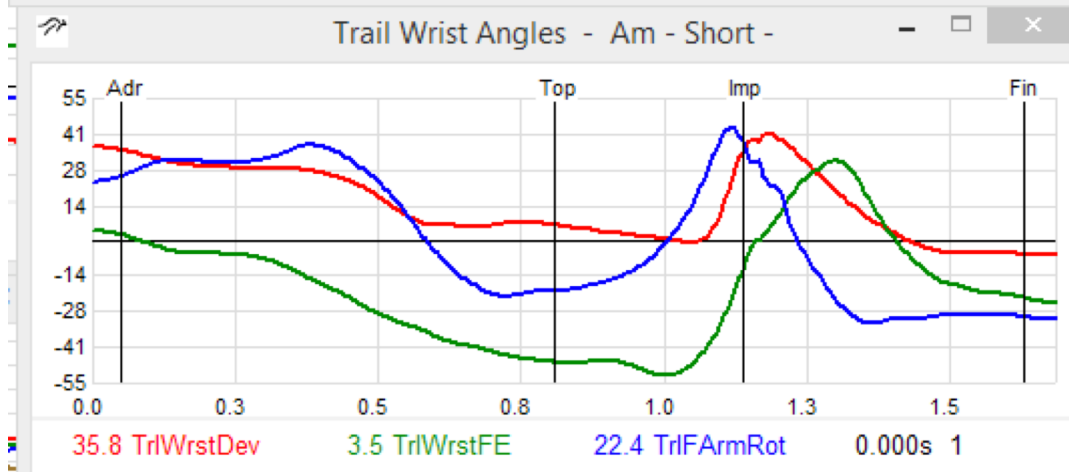
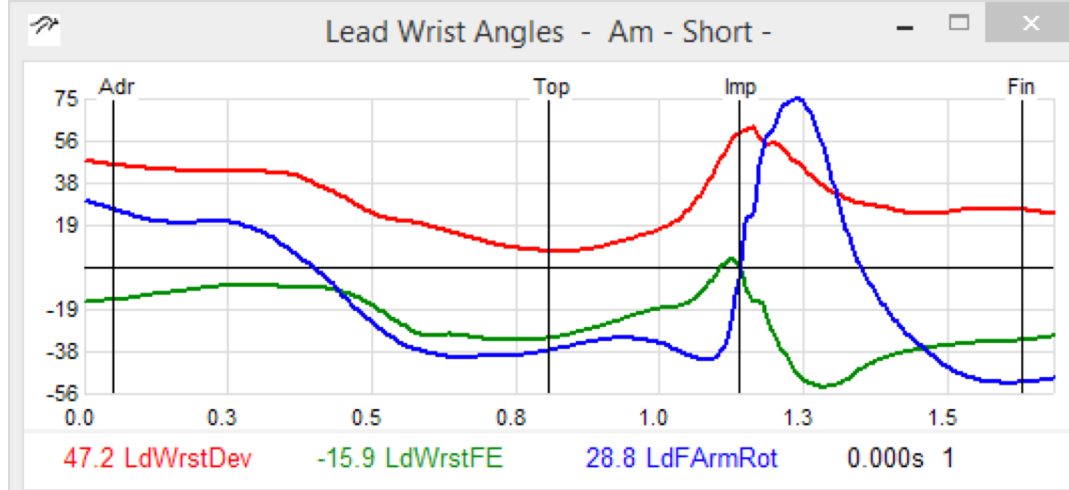


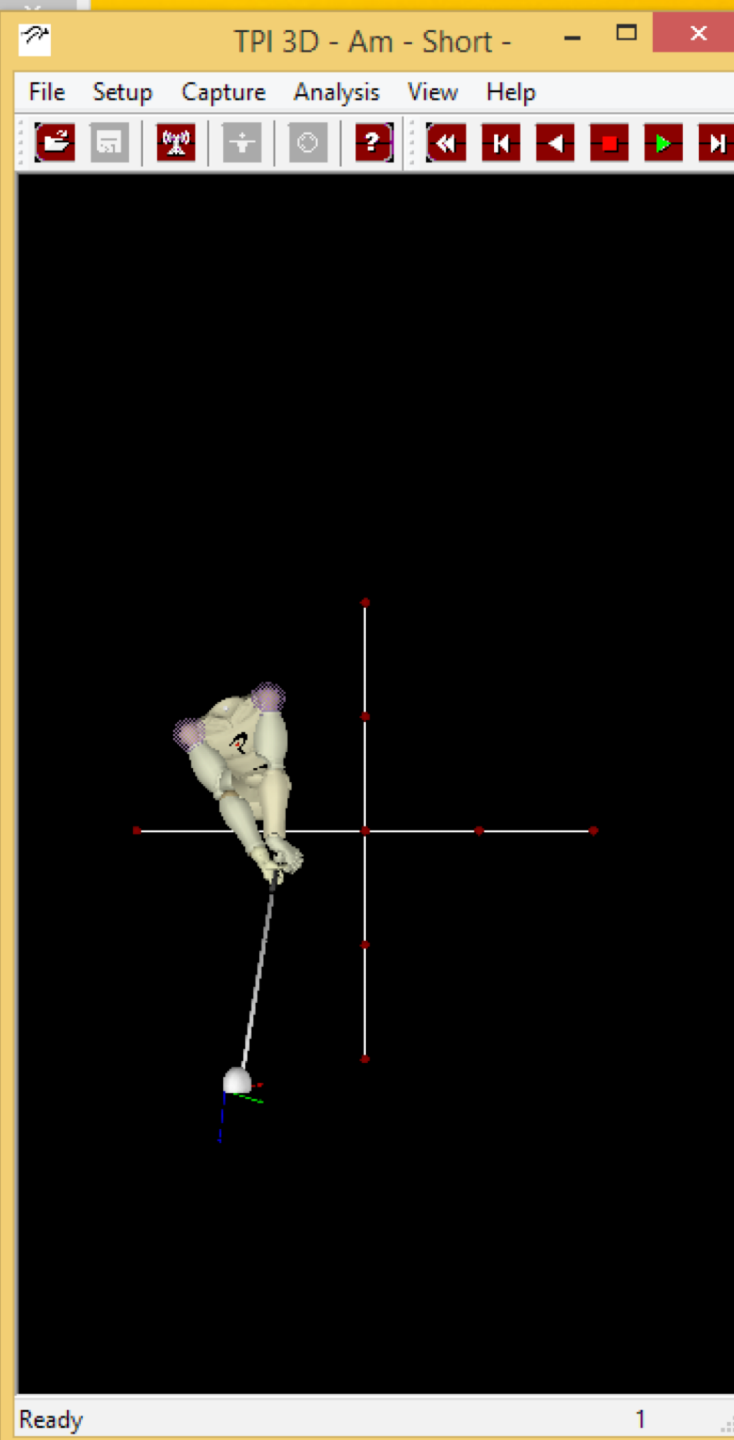
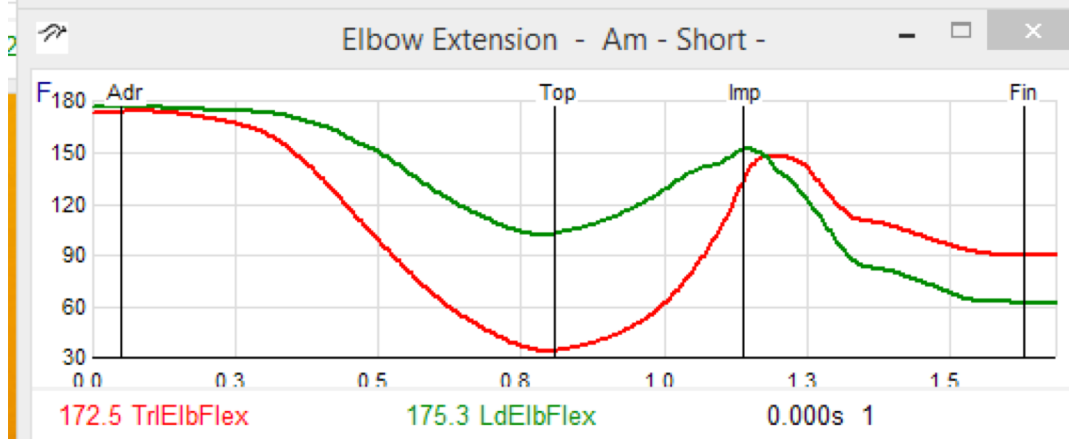
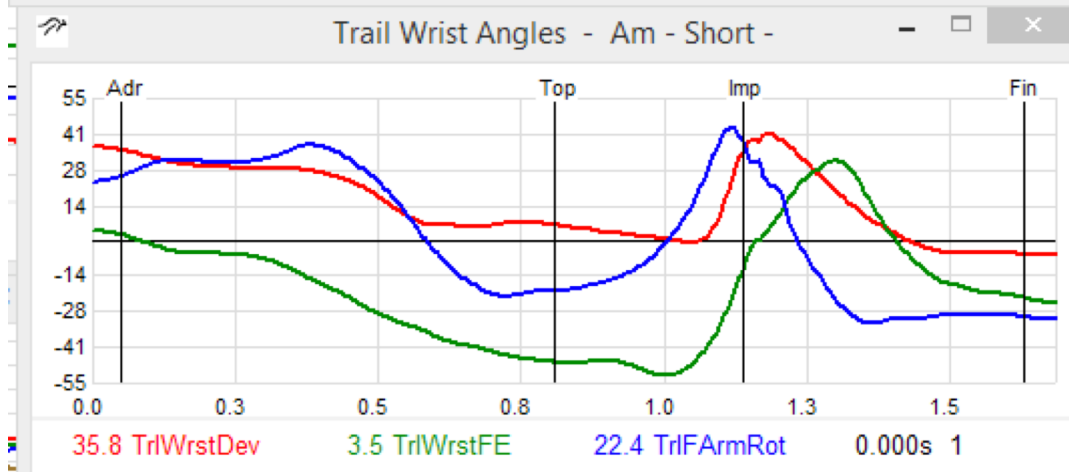
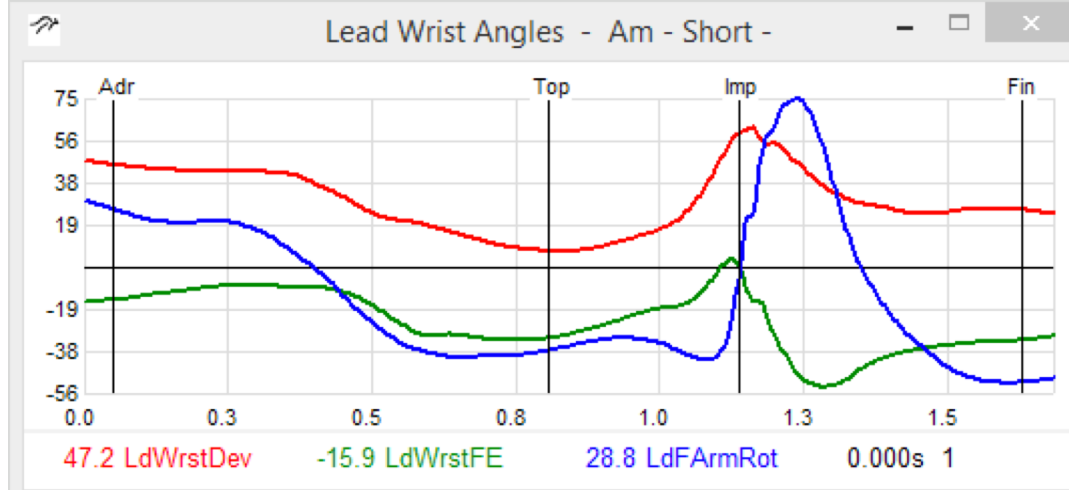














Foot – Intrinsic, Nav/Cuboid, Calf

Knee – rotation and stretches

Hip – Internal rotation – decompression (psoas, adductors)

Lumbar Back – TVA, Pelvic Floor activation, psoas flexibility

Ribs – Diaphragm, Breathing,

Shoulders – Scapula and Clavical movement

Neck – Proprioception, Deep neck strength, keep the curve

Wrists – Thumb and end range wrist

Foot –

Intrinsic

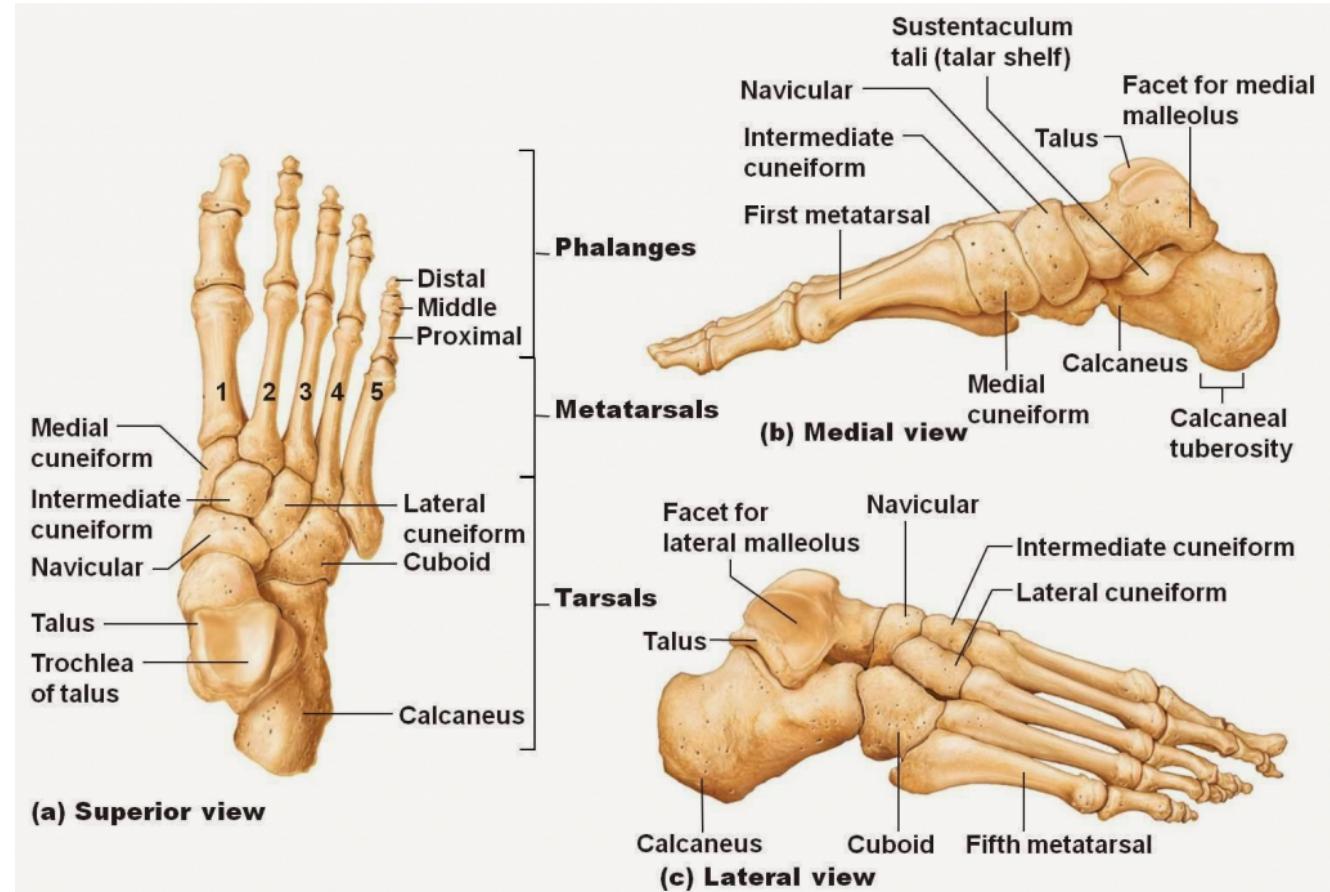
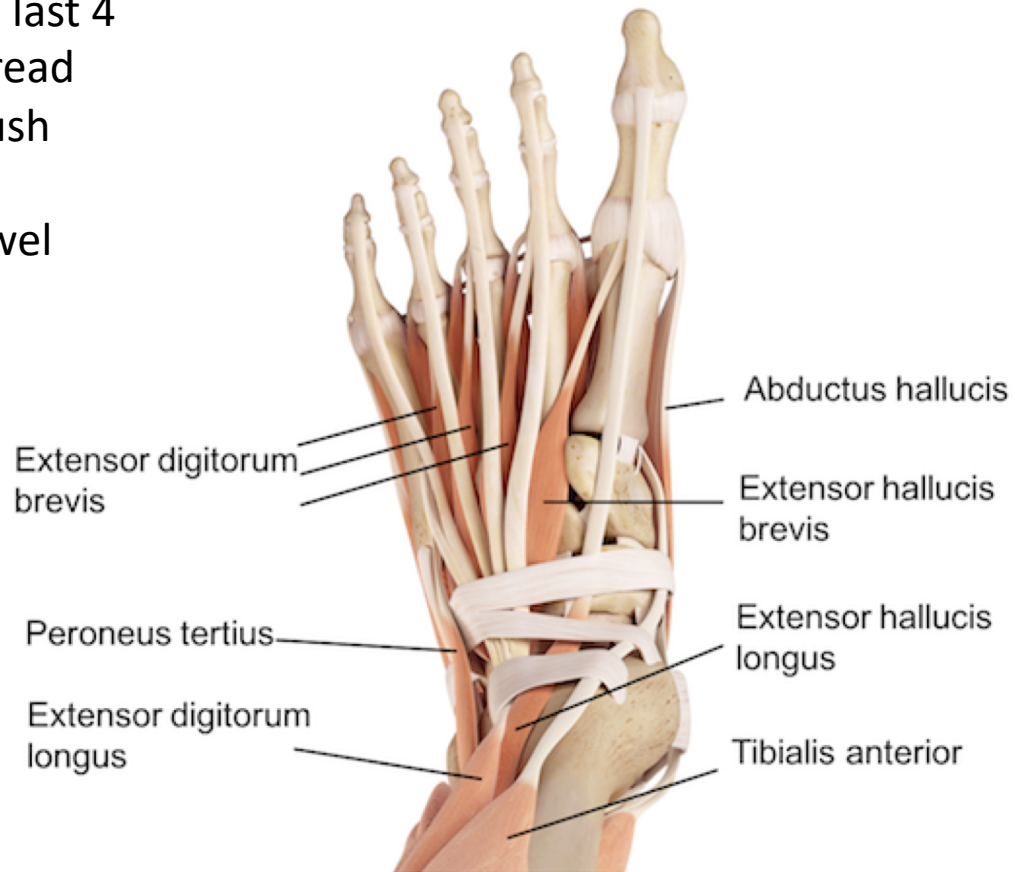
Lift Big Toe

Lift last 4

Spread

Crush

Towel

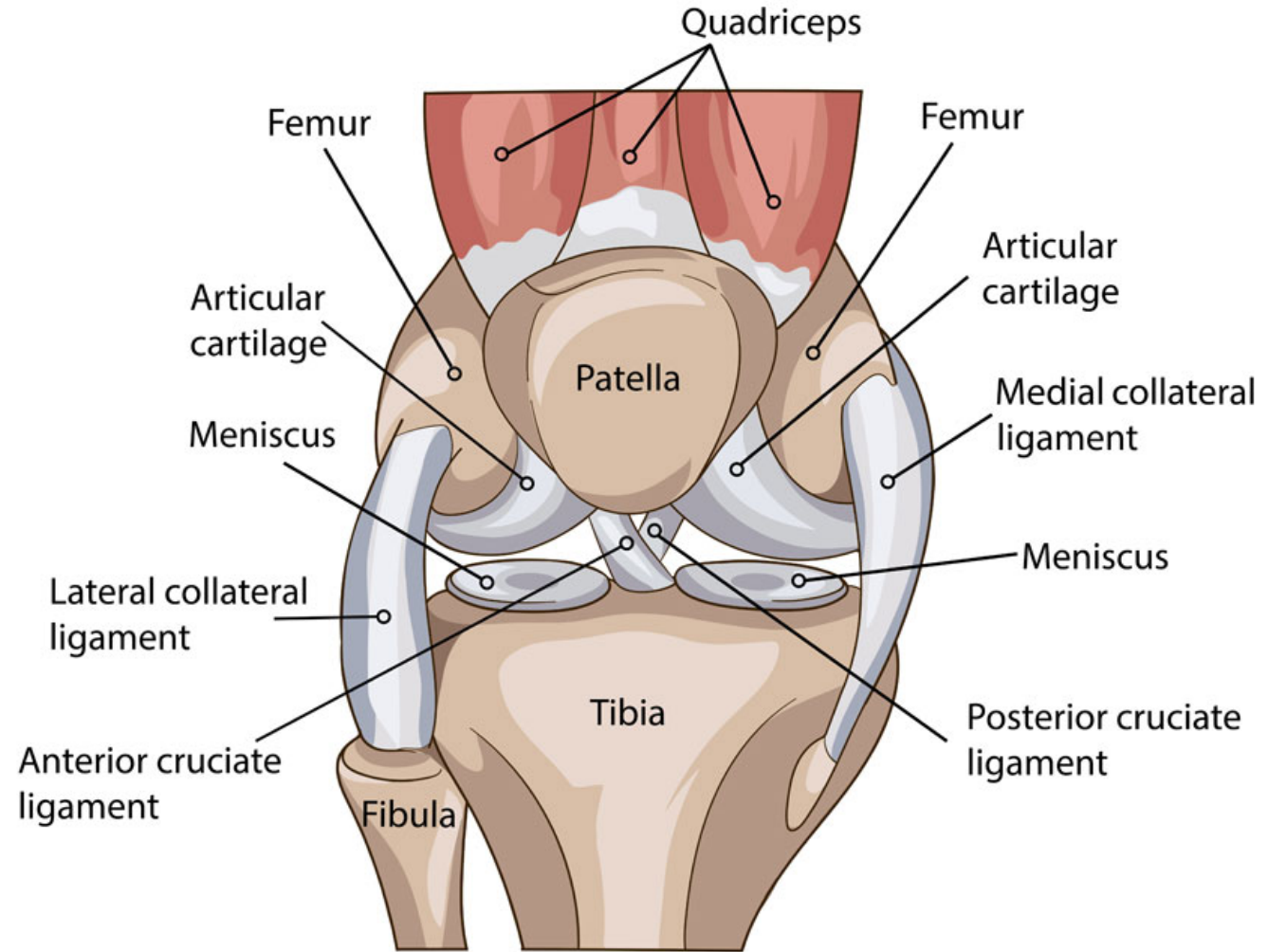


Knee –

Maintain rotation

Thigh Flexibility

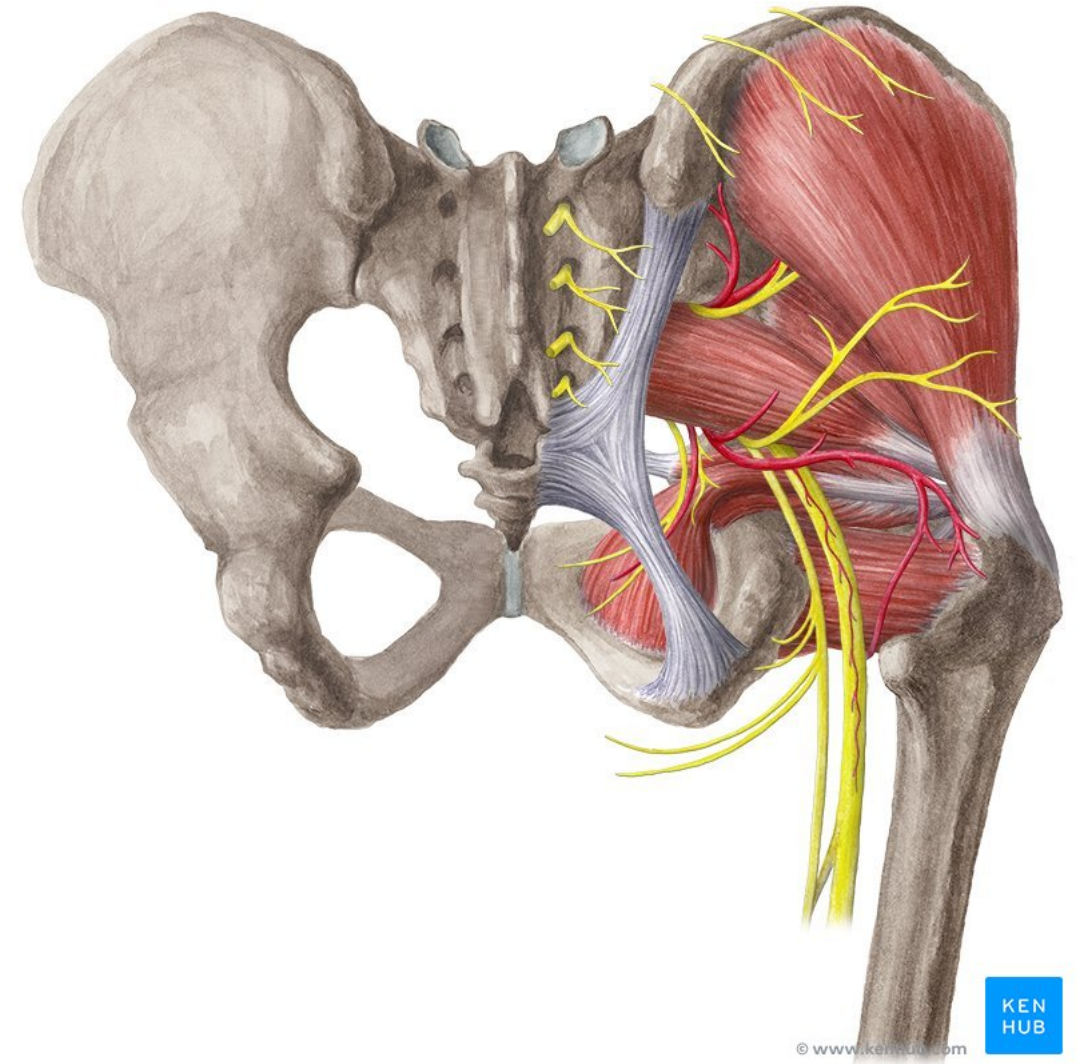
Popleitus



Hip –

Internal Rotation  
Glute Activation

Stretches –  
Obturator Internus  
Psoas  
Glutes  
Quads  
Adductors  
Hamstrings





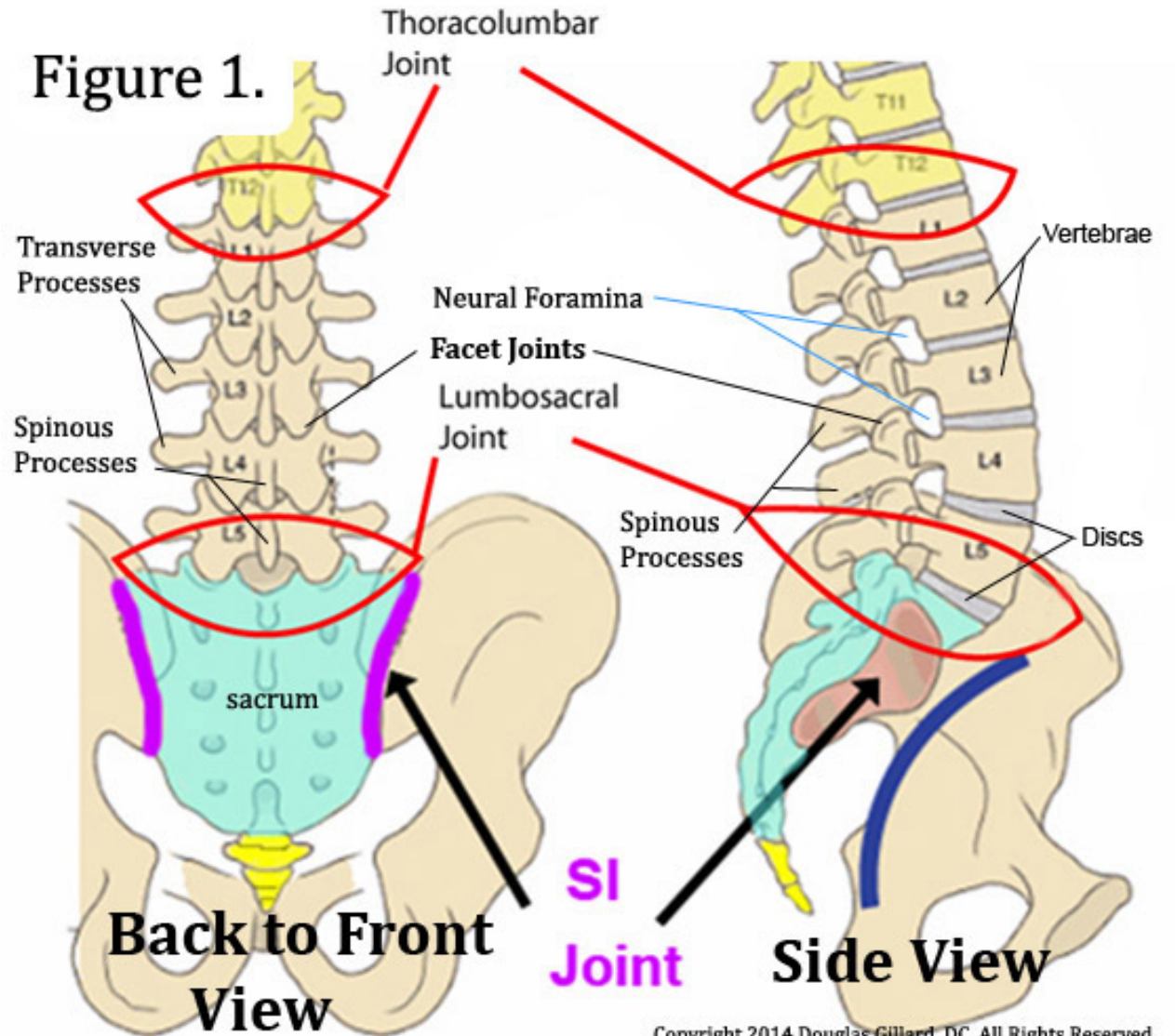
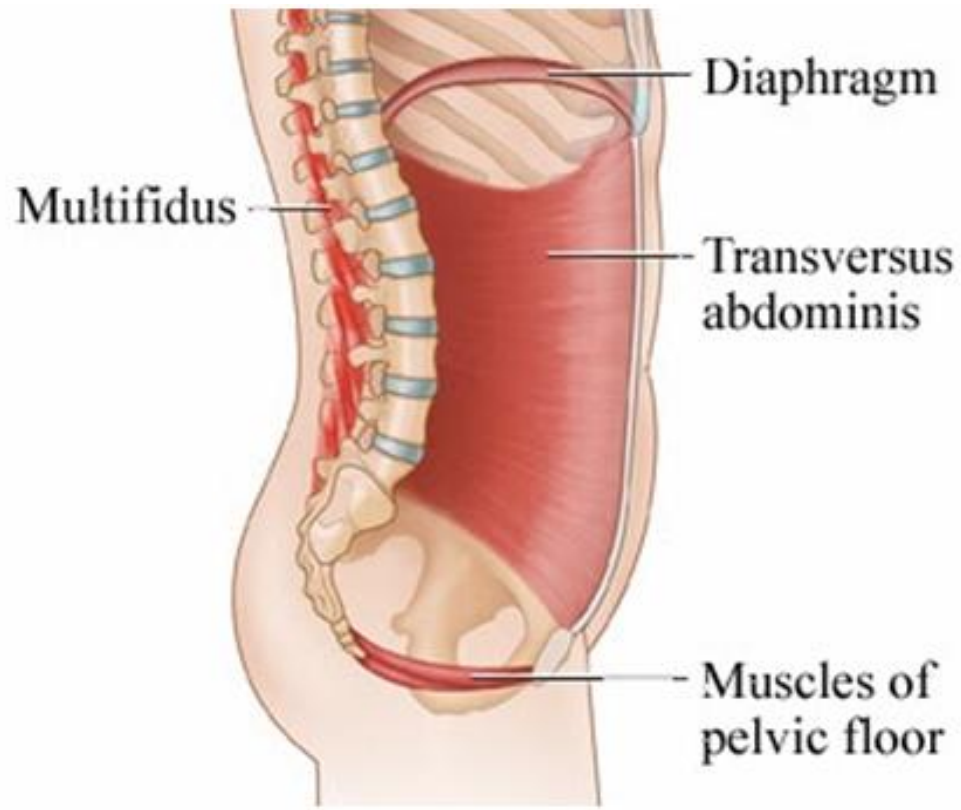
## Lumbar Spine

TVA (Transverse Abdominis)

Pelvic Floor activation

Psoas flexibility

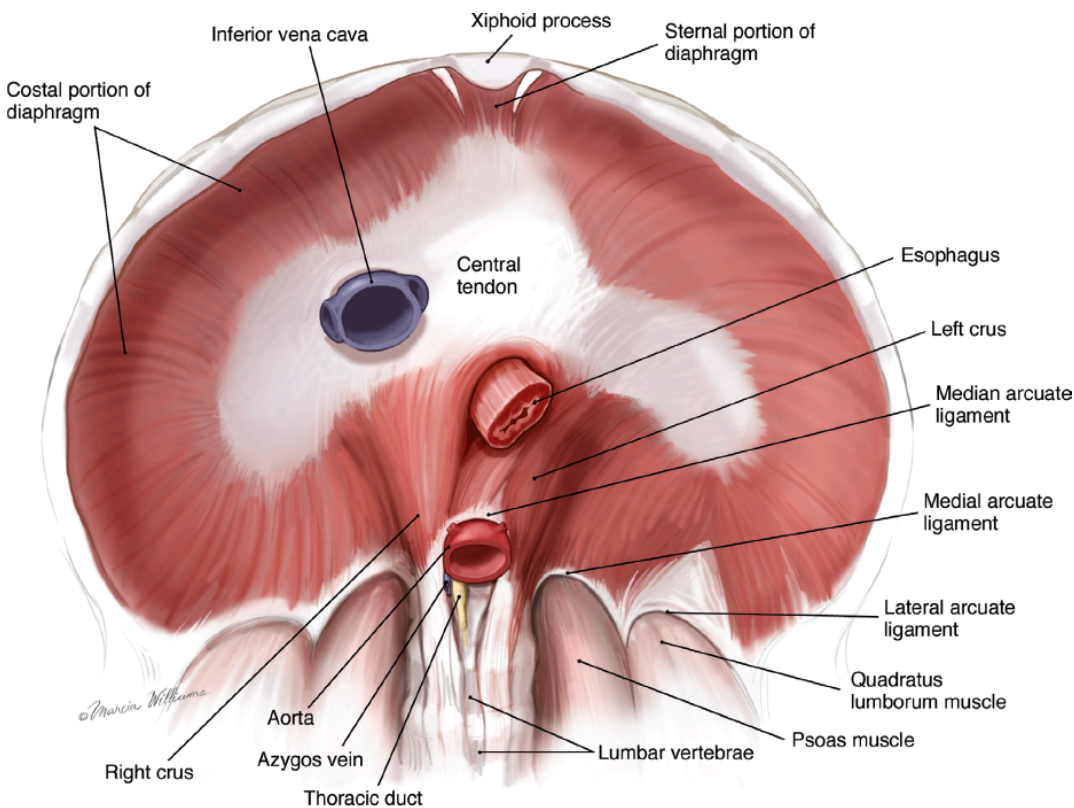
Pelvis alignment (ELDOAS)



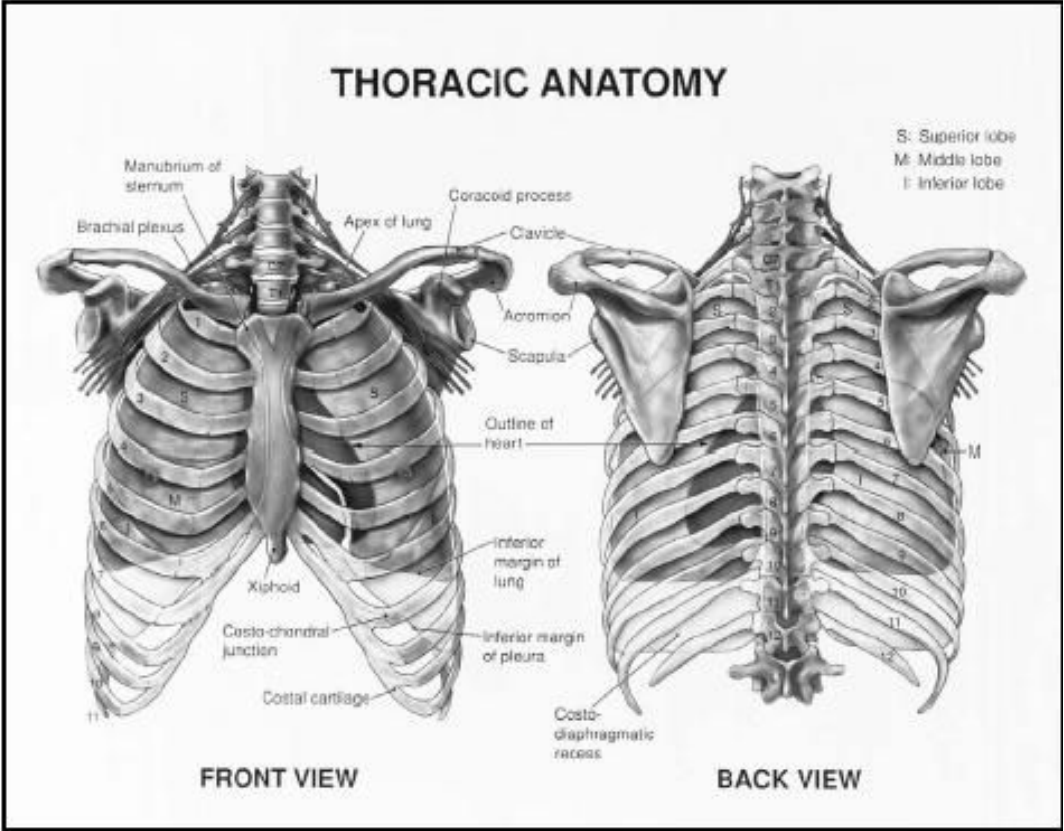
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# Rib Cage and Thoracic Spine

## Rib Mobility Breathing



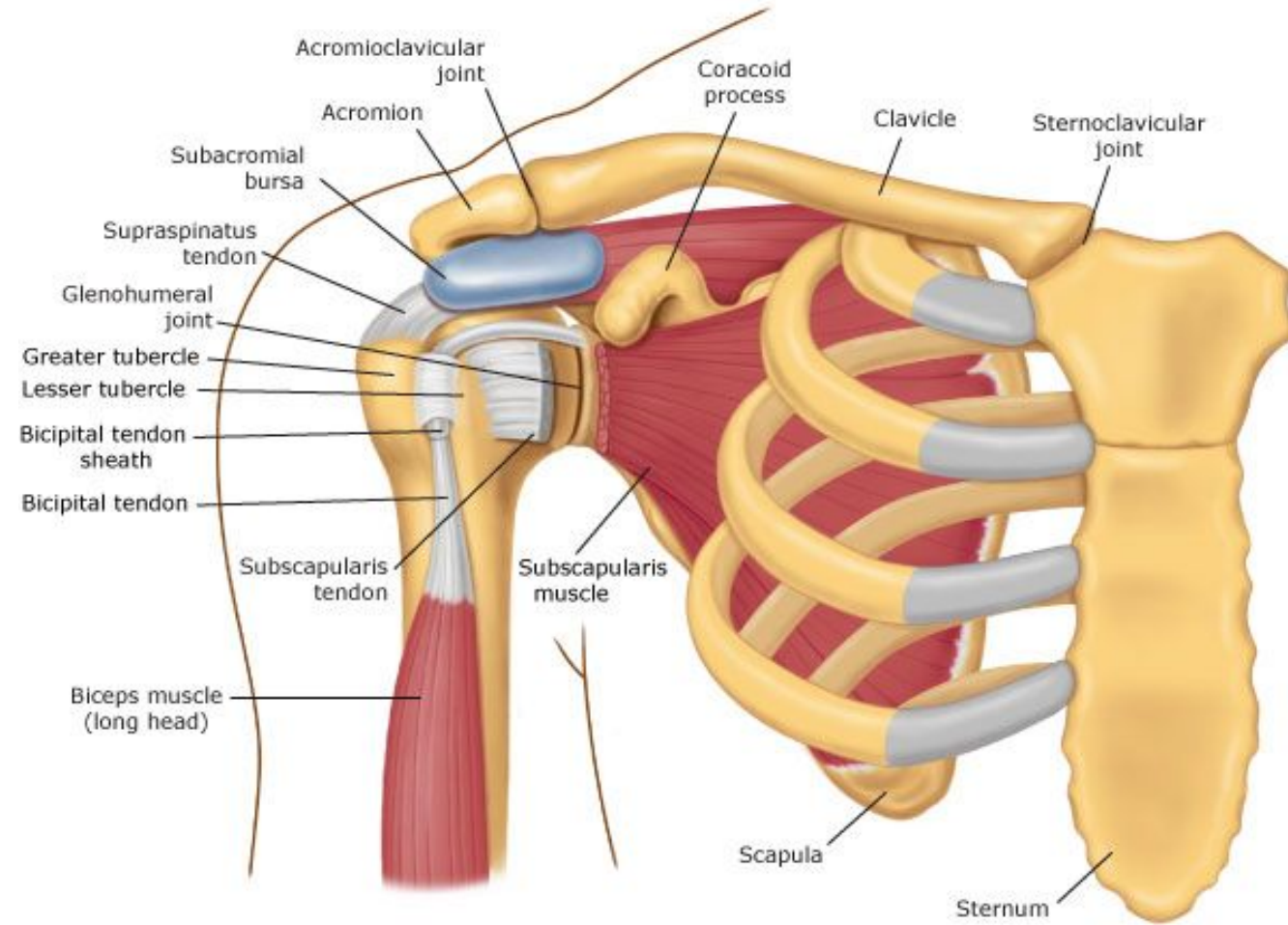
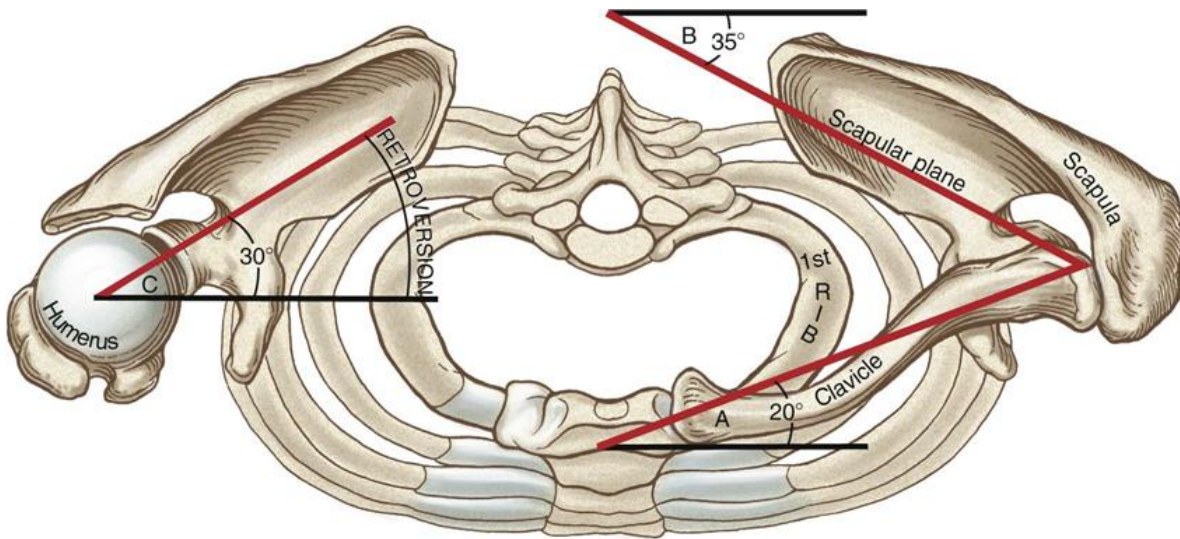
Source: D. J. Sugarbaker, R. Bueno, Y. L. Colson, M. T. Jaklitsch, M. J. Krasna, S. J. Mentzer, M. Williams, A. Adams: *Adult Chest Surgery*, 2nd Edition: [www.accesssurgery.com](http://www.accesssurgery.com)  
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## Shoulders – 5 joints

### Scapula and Clavical Proprioception and movement



Cervical Spine - get help

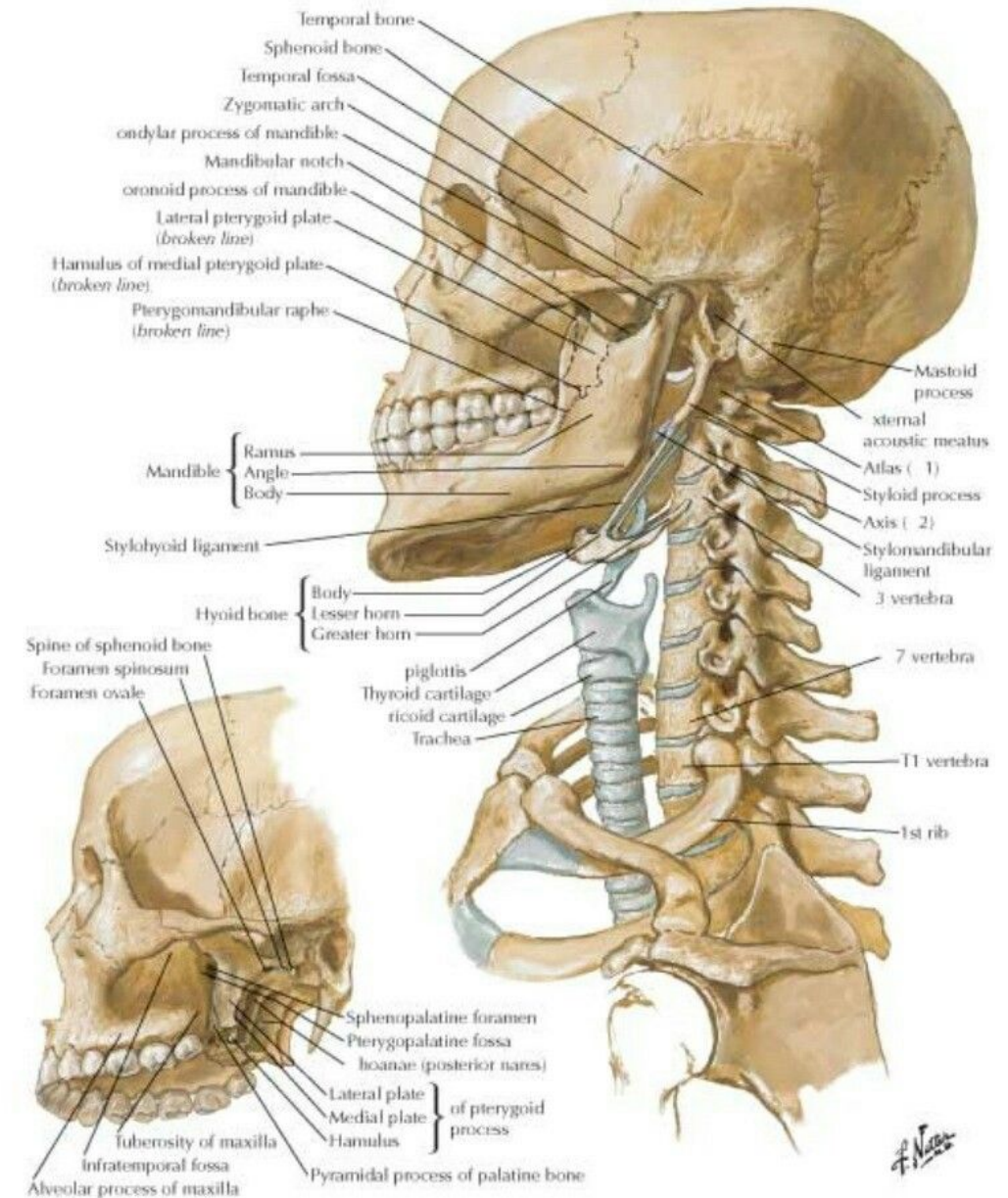
Keep the curve

Deep flexor strength

Proprioception

Jaw is key

Breathing is key





## Hand and Wrist

Similar to foot

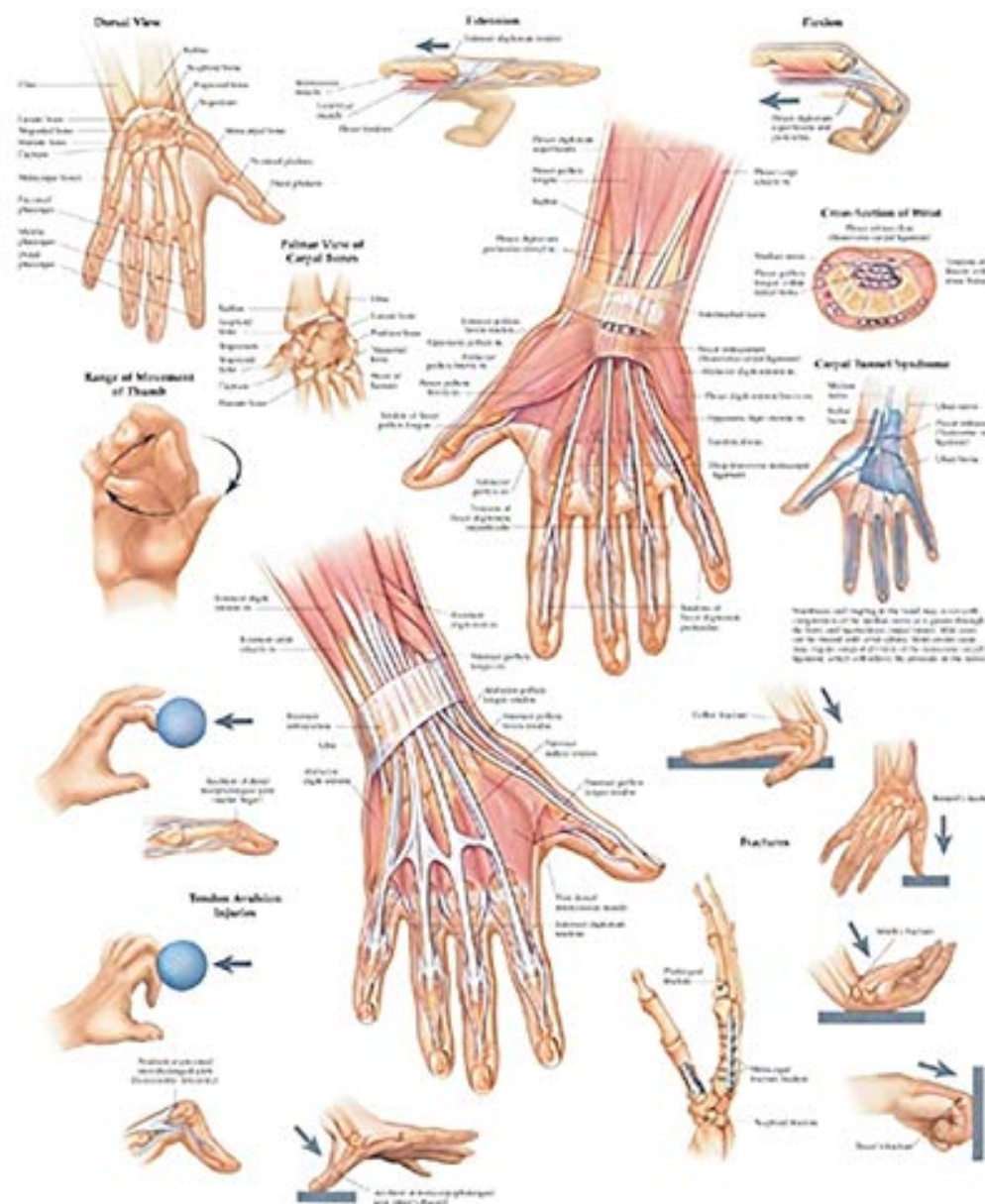
High volume training

Thumb

End Range wrist

Extensor strength

# HAND AND WRIST



# Coaches Questions and Swings

Tim

over the years I also notice that I have this excessive right lateral bend or upper body sway in the backswing/transition

Mike –

I wanted to send you a couple videos of a student. I find that he has a lot of good movements in his swing but he often shoots anywhere from 76-95. Often mid 80s.

The face on view he shanked. He shanks quite a lot of shots. The DL view he pulled 40 yards left.

He has a lot of power and swings his driver around 110 mph.

What would your first steps/ plan be?

I find his left wrist breaks down through the ball. And his grip seems overly strong to me.

His trackman data is usually coming in 4-8 from the inside and his attack angle for irons are around zero, with a driver can be 4-8 degrees up.

Here is my swing but I'm still waiting for the guys to send my wrist graphs.

From what I see, I don't see much radial on the backswing. Maybe something I should work on?

So my misses tend to be left. They start kind of straight and turn left.

I'm about 2-3 degrees inside out with my pw and 6 iron. With my driver intend to be pretty close to a zero path.

This summer I've gotten to +2,+3 handicap factor. I've placed 5th at the Canadian mid amateur this year (my best finish).

My usual game is 270-280 down the fairway and hitting 12-13 greens average. Sometimes I find myself aiming right of the pin and playing it to miss left.

I find if I try to speed up my swing, then I start to go sideways.

I usually swing with a smooth tempo and transition - but I would like more distance and few like I can up my club speed another 5 mph but when I do the misses start to become more extreme.

I fee like my right/left hand mechanics and release have gotten much better since I saw you back in February. Thank you!

I'm looking for suggestions for this golfer. She has the tendency to have a flat shoulder plane at the top and is very narrow. In the practice video, you will see some of what we work on. We have worked on side bend at the top and several different ways to create some width including the backswing arms drill, Tour Striker SAMI, and putting a band under the grip and left foot having her feel the stretch at the top. I also have her work on L to I as it helps with her extension on the downswing. Thank you.

Jesse has improved this year from an 11 to a 6 and would like to continue improving. He hits mostly pulls and fades. I recently did a TPI eval with him. He failed the overhead deep squat, the 90/90, the lat test, lower quarter rotation test and was just ok with pelvis rotation. Jesse is a former hockey player with big shoulders and a thick chest. When trying to get into delivery, he has a difficult time getting his elbow in front of his ribcage.