

TIGHT BACKSWING TURN

In a great backswing the position the left arm is straight and the right elbow stays tucked in tight to the side of the body. Strap the arms together to prevent them straying.

MAINTAIN THE TRIANGLE

Notice how strapping my arms together has helped me reach this great throughswinging position. The arms extend away from the body and the club stays square to the target.

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Connected

A compact swing action is the key to consistency. If you struggle to keep your arms close to the body try this drill, says **Ian Clark**

Arms and body connection

One of the most common faults amateurs make happens in the backswing turn. The right arm strays wide away from the body - this is often referred to as the 'flying' right elbow. Great golfers maintain great arm and body connection, the two move together as one piece.

It's quite hard to retrain your right arm to stay close into the side of the body so I get my pupils to use this simple elasticated strap. You can get

the same results by wrapping a golf towel tightly around your arms, just above the elbow joint.

Only make little half or three-quarter swings and really focus on keeping the arms close in to the side of your body. The arms and body should form a triangle shape that you should maintain throughout the swing.

With this compact action you should find you have greater distance control and better ball-striking consistency with your irons.