



## Swing Connection Drill

### Purpose:

Improve ability to maintain proper connection between arms and shoulder blades into top of backswing.

### Benefit:

Train arms to stay connected at top of the backswing, not allowing hands to stray from center of chest

### Instructions:

**A:** Stand in power position resting club on right shoulder, hand on golf grip.

**B:** Turn into backswing, keeping slightly bent knees pointed forward and shoulder blades squeezed and parallel to swing plane.

**C:** Reach hands away from body in center of chest, left elbow straight, right upper arm parallel to spine angle.

### Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_



Side view A, B,C



Front view A, B, C