



Week 2

Flying Right Elbow

Objective for

- Improve technique in Back swing
- Shortens Back swing
- Maintains connection between the arms and chest
- Eliminates across the line shaft position at the top of back swing

Club: Mid iron off the Tee (7 Iron)
Medium size beach ball

Getting set:

- 1) Place a small beach ball between your elbows and take a back swing.
- 2) As you take your back swing, feel like you are pinching your elbows together in order to keep the ball between your elbows.
- 3) Pinching the beach ball between your elbows during back swing helps facilitate the proper right elbow position at the top of the back swing
- 4) Rehearse this back swing using the beach ball several times to ingrain the new muscle memory.
- 5) Hit balls teed up with a mid iron and the beach ball in between your elbows
- 6) Transfer the new back swing feel of pinching your elbows together as you swing without the beach ball.
- 7) If you loose the new feeling, rehearse swings with beach ball again.

Lori Brock
Director of Instruction
Gettysvue Country Club
www.loribrock.com
865-368-5668