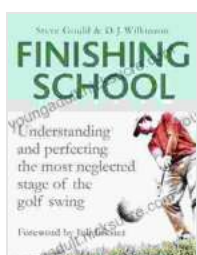# Understanding And Perfecting The Most Neglected Stage Of The Golf Swing

The backswing is often overlooked, but it is one of the most important stages of the golf swing. It is during the backswing that you create the power and accuracy for your shot. If your backswing is flawed, it will be difficult to hit the ball consistently and well.

Finishing School: Understanding and Perfecting the Most Neglected Stage of the Golf Swing by Thomas Golf

★★★★☆ 4.5 out of 5

Language	: English
File size	: 54191 KB
Text-to-Speech	: Enabled
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Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 224 pages
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There are a few key elements to a good backswing. First, you need to make sure that you have a good grip on the club. Your hands should be placed on the club in a way that is comfortable and allows you to swing the club freely. Second, you need to keep your head down and your eyes focused on the ball. This will help you to stay balanced and in control of your swing.

Third, you need to make sure that you swing the club back smoothly and evenly. Avoid jerking or lunging at the ball, as this will only lead to inconsistency. Finally, you need to finish your backswing with your club in a position that is parallel to the ground. This will help you to create a powerful and accurate downswing.

Here are a few tips for perfecting your backswing:

- **Start by practicing your backswing without a ball.** This will help you to get a feel for the motion and to develop a consistent swing.

- **Once you have a good feel for the backswing, start practicing with a ball.** Focus on making solid contact with the ball and on hitting it consistently.

- **Don't be afraid to experiment with different backswing techniques.** There is no one-size-fits-all approach to the backswing. Find a technique that works for you and that helps you to hit the ball well.

The backswing is a complex movement, but it is one that can be mastered with practice. By following the tips above, you can improve your backswing and hit the ball more consistently and accurately.

Benefits of a Good Backswing

There are many benefits to having a good backswing. Some of these benefits include:
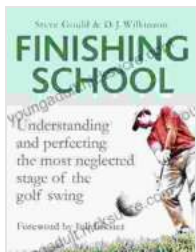
- **Increased power.** A good backswing will help you to create more power for your downswing. This will result in longer and more accurate

shots.

- **Improved accuracy.** A good backswing will help you to keep the clubface square to the ball at impact. This will result in more accurate shots.

- **Increased consistency.** A good backswing will help you to swing the club the same way every time. This will result in more consistent shots.

If you want to improve your golf game, it is important to focus on developing a good backswing. By following the tips above, you can improve your backswing and start hitting the ball better than ever before.

The backswing is a critical part of the golf swing. By understanding the key elements of a good backswing and practicing regularly, you can improve your power, accuracy, and consistency. So next time you're on the golf course, take some time to focus on your backswing. It could make all the difference in your game.

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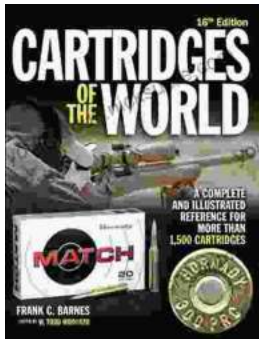
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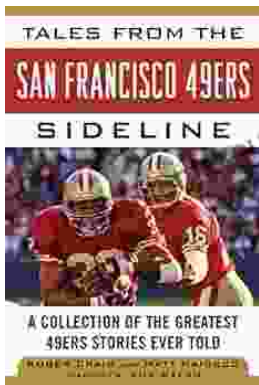|	
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