

# SwitchToNaturalGolf.com

## Natural Golf Downswing

**KEEP HEAD BEHIND BALL UNTIL AFTER IMPACT!**

Maintain spine angle; 15 degrees away from belt buckle until after impact! Head may move slightly backward on downswing but should never move forward or will cause loss of power. Want to feel that you are staying back behind the ball.

Don't lunge at ball with left shoulder or sway with hips. Start downswing with weight shift to left leg. Lower body initiates downswing, not the upper body!

Easy swing with gradual acceleration. Short, but smooth swing. Don't stop swing at top and don't jerk swing, allow speed to build and maintain some wrist angle on downswing.

Shift weight to inside of left lead foot to provide additional power and direction.

At impact, both arms fully extended and straight, should match the setup position.

**DO NOT TRY TO SNAP WRISTS!** No need to consciously rotate wrists though the impact zone. Snapping wrists leads to hooks. Just allow right wrist to square club face on contact.

Feel palm of right hand moving like a piston down the target line, release will come well after impact.

