

Straight Ahead

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"The Backward Motion"

Welcome to the third instalment of our ongoing series. In the first session we discussed the elusive element of "Consistency". It can elevate your game to that next plateau. In the second instalment, we touched on the "Address Position" and the benefits of having one that is not only sound, but also can be applied shot after shot. Now, we continue with the "Backward Motion".

First and foremost this section of the swing is influenced primarily by the section that precedes it. Know your Address Position well! It can become a reliable friend, especially when you feel your game is falling apart. There is no doubt it can take loads of patience, trust and faith to stick to a game plan whenever you find yourself slipping back to those predictable patterns. If you don't know your Address Position as well as you should, take the time to learn it.

I will try to be as clear and concise as I can without weighing you down with a lot of technical jargon. The Backward Motion is the movement that begins from a correct set up position to a position where you will create both power and consistency.

Often a golfer will go through a series of adjustments and corrections during a swing. The cause for these compensations varies. We can look at strength & flexibility as being two of the main limiters in this area. The source of power in your Backward Motion is essentially the difference between how much your lower body turns relative to how much your upper body turns. Sounds simple in theory, it is. Physically it's a lot of work.

Wouldn't it be great if we could set up in the perfect position and then push a magic button on the club? No Backward Motion needed! Even if we hit a maximum of 100 yards, but hit the ball where we wanted consistently, we would probably be shooting some pretty good golf. Unfortunately, we can't do this. We have to start at point A, move to point B and then return to point A again. A tough assignment!

The length of your Backward Motion doesn't always determine how far you'll hit the ball. Many students come to me wanting to lengthen their swings. To their surprise, I sometimes end up shortening it. Why? Because the aim is to decrease

the chance of the swing path and club face itself deviating from the original position. If you're not set up correctly before you take your club back, you must once again revisit the Address Position as it sets the stage for the Backward Motion. If you aren't aimed correctly, problems will multiply. I see golfers compensating for these mistakes all the time. Changes will occur in their elevation, grip pressure, swing path, etc. They all lead to FRUSTRATION!

Quite often we are focused on the moving parts and unfortunately we overlook the parts that need to be stable. Spending time on the range with your primary focus on keeping things from moving isn't exciting at all. Referring back to what I mentioned about the lower body movement versus the upper body movement, we must realize that most of us tend to create unnecessary motion. Wasted movement robs you of accuracy and causes you to look to other unreliable sources of power. It's not a good scenario. With too many moving parts, building consistency is an impossible feat.

One of the clearest ways I can explain how we can generate power, is by using a balsa wood wind up airplane as our example. The elastic we wind up has a stationary base that's not moving. It creates the power. The more you can wind it up, the more power you create. Fortunately, the stability base is built into the plane. Unfortunately, we do not have that luxury. We have to create the stability. The lower body resists the motion created in the upper body. It will give you a surprising amount of power and greatly aid in letting you return the clubface to its original position.

There are still many other factors that are part and parcel of the Backward Motion. This is just a start; we've barely scratched the surface! The simple, yet effective system will lower your scores, increasing your enjoyment of the game.

If you're a beginner, have been playing golf for a while, or are frustrated with your game, please give me a call at 613-885-9883. I can be reached also by email at northstring@gmail.com.

Till next time.... **Straight Ahead!**