

Suzy's Cues

Basic Setup Instructions:

If you want to build a solid golf swing, work first on the setup, your foundation. Without a correct base, a correct golf swing can't occur. So if you work at building a correct setup, a good golf swing may be your reward.

A swing, like a windmill, moves its parts producing power from a strong base. The windmill uses its own energy source, the wind, to move its arms, while your golf swing waits for you to generate the energy. A powerful setup is the key to releasing your energy. It allows your legs to support your swing as your chest rotates and your base, the body, gets out of the way.

Maximize your setup. Practice in front of a mirror until your basic setup routine looks picture perfect. Accept that swing relates to setup routine, as windmills relate to wind; they both respond by design.

The Details:

- ❖ Set your feet in shoulder width apart. Weight distributed on the balls of your feet.
- ❖ Bend from the hips, and then bend the knees slightly. Don't sit back or round the back.
- ❖ I said, "**Bend from the hips**, not the waist."
- ❖ Arms hang down from the shoulders, and can swing freely.
- ❖ Your spine angle remains straight, at a 45-degree angle, from the crown of your head to your lower back. Check your posture in the mirror, many players find flexibility and muscle strength an issue in keeping the back at a straight angle.
- ❖ Chin up, no tucking. Eyes down, focused on the back of the ball.
- ❖ At setup, after addressing your club, your arms and club form the inverted letter Y.
- ❖ At address, a right-handed player's left forearm is higher than their right.
- ❖ In the mirror, note that your right shoulder is slightly lower than your left at address, resulting automatically when both hands grip the club, the right hand settling below the left.
- ❖ When setting up to address a wood, distribute your weight 55% on the left foot, and 45% on the right.

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- ❖ When setting up to address an iron, distribute your weight 60% on the left foot, and 40% on the right.