

VERSION 4.0  
Sept 09, 2019



# SWING POSITIONS

TEMPLATE

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## SWING POSITION 1

### Halfway Backswing

**Key Notes.**

- The left arm has worked across the body and the club shaft will be aligned with the right shoulder.
- The club shaft will point midway between the ball and the feet with an iron and slightly more towards the ball with a driver.
- The clubface will still be square to the spine angle as the wrists have hinged (NOT ROLLED!)



## SWING POSITION 2

### Top of the backswing

**Key Notes.**

- The club shaft will be pointing slightly left of target with an iron and parallel to the target with a driver.
- The clubface will still be square to the swing direction as the wrists have hinged (NOT ROLLED!).
- The shoulders will have rotated 90 degree's from the position at address.
- The right leg will have slightly straightened to allow the hips to rotate but will have still retained some flexion.
- The head will have remained at a constant height throughout the backswing.
- The sternum will be in a neutral position.
- The hands will be aligned with the right shoulder.

