

# THE OVERSWING

The overswing is a common fault of many amateur golfers. It leads to golfers experiencing all the undesirable outcomes such as slicing, pulling, topping and duffing.

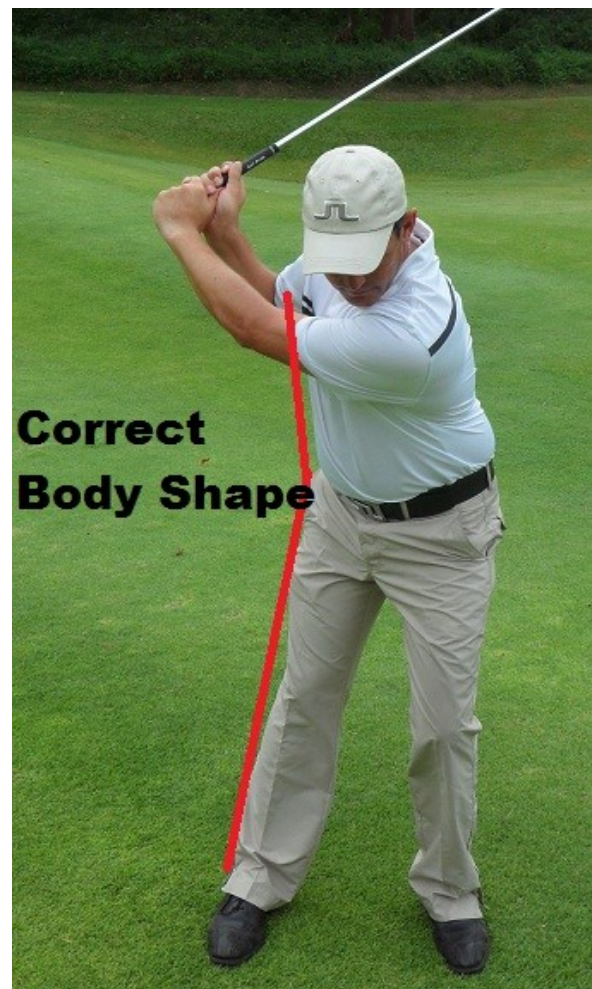
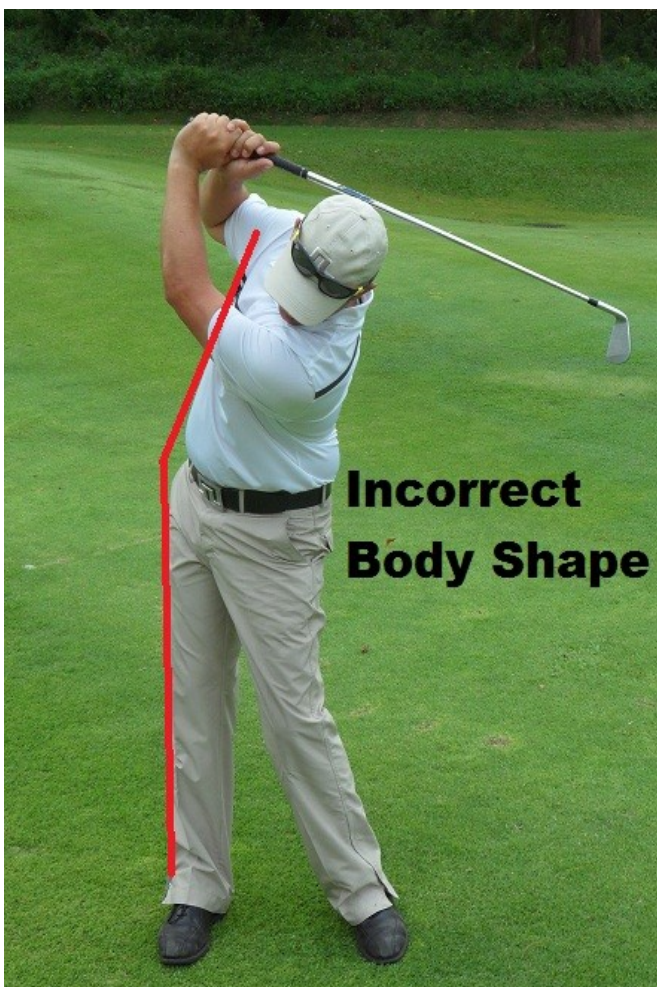
Two of the main causes of golfers overswinging are:

Incorrect Body Shape and Over Rotation

## Body Shape

When a golfer is at the top of his backswing, it is important that the right side of the body has the correct angle or shape. A golfer who overswings will more than likely have the right side of his body in the reverse causing the arms and club to overswing.

By having the correct body shape, the arms and club will not be able to overswing and allow for greater leverage on the downswing



## Rotation

Over Rotation is another common cause of the overswing. When a golfer turns too much with his shoulders, the body will get pulled into a tilted position. The club will appear to be across the line and over swung. The arms will also get too far behind the body.



Preventing your overswing is very simple to do if you improve your set up position. From here you will be able to turn your body in the desired direction and with the correct amount of turn. This will lead to a greater increase in leverage and compression on the ball at impact

To understand how your swing works and for guidance on how to set up and turn correctly, feel free to contact me

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