



Get the Ball in the Air!

The number one mistake we see women make during lessons and clinics at our golf school happens during their backswing motion. They tend to get their hands in the wrong position, twisting them so they end up with an extremely closed clubface position. This results in the clubhead having little loft at impact – making it difficult to get the ball in the air, our first priority for golfers to have success and enjoy the game.

One reason this happens is that instead of pulling away from the ball with their lead arm, many players try to lift the club with their trailing hand. By lifting instead of turning you also rob yourself of valuable clubhead speed created from a proper loading motion in the backswing.

A good way to practice the right motion is to swing a broom like a golf club. Holding the broom by the handle you should begin with the broom head vertical so the edges are facing to the sky and to the ground. When you take away the broom (club) these edges should stay relatively in the same position in relation to the sky and the ground. In an improper motion, the larger side of the broom will end up facing down to the ground and up to the sky. You want to avoid having the clubface (broom face) facing the ground in your backswing.

Get out a broom and practice getting it into the right position. Move the broom the right way and soon you will be getting the ball in the air with ease!



Danielle Nadon
C.P.G.A. Professional
Danielle Nadon School



tip

Left: Incorrect position with arms twisted and broom face perpendicular to the ground.

Below: Ideal position with broom edge perpendicular to ground. The ideal position for getting the ball in the air.

