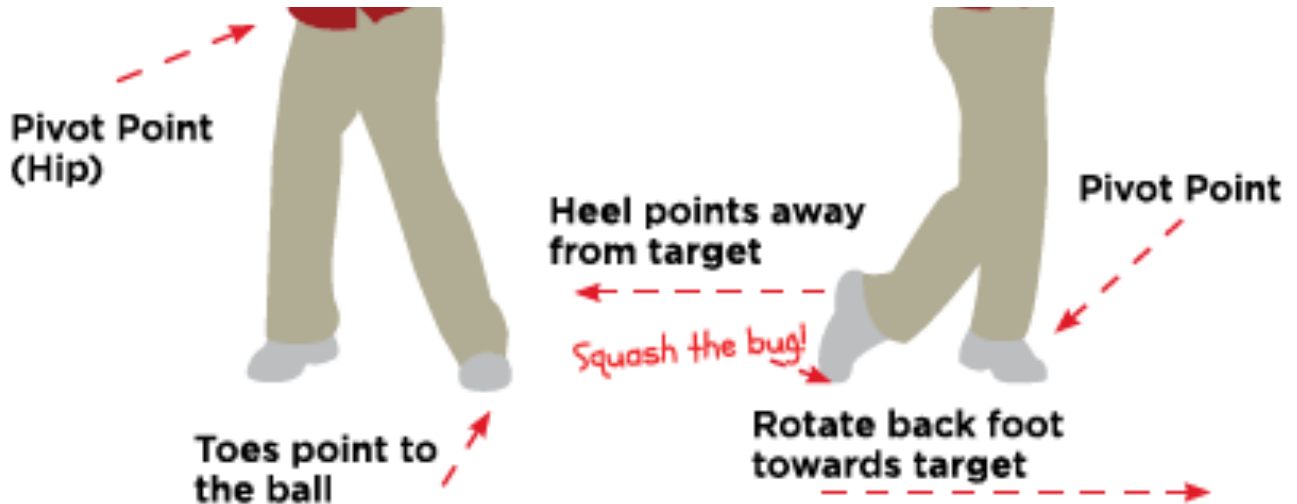


# PIVOT

Pivoting in golf helps you wind going backwards and unwinds coming forward. It is the key to creating energy and transferring it to the ball.



## PRACTICE PIVOTING

- Stand up straight
- Feet Shoulder width apart
- Cross your arms across your chest
- Turn your shoulders to the right (left if you are left-handed) **BACKSWING** position
- Your upper body remains centered
- Your hips will turn you will feel pressure in your right knee (left if left-handed)
- Turn all the way back so your chest rotates to face left (right if left-handed) **FINISH** position

## SQUASH THE BUG

Try squash the bug at home. This will help you feel how to transfer your weight.

1. Take your GASP position
2. Visualize there is a bug under your right foot and left foot
3. On the backswing feel your foot squash the bug under your right foot
4. When you finish the swing, you squash the bug under your left foot

This example is for right handed, swop feet for left handed swing.

