

KEEP YOUR HEAD DOWN??? ***STOP DOING IT!!!***
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MARCH 2022



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We have all been in a group when someone (hopefully not you 😊) tops a shot and you hear “I lifted my head.” Well, that’s a possibility but most of the time it’s the opposite problem. If you’re purposely trying to keep your head down, you don’t have room to extend your arms, it inhibits your ability to rotate and lack of extension puts you in a poor position to make solid contact. What exactly do I mean by extension? In picture #1, you can see how my lead leg is straight at impact, and my upper body is extended. Most people think you need to stay in posture (keeping your head down) but that restricts your hip turn (picture #2). Rehearse some slow-motion swings focusing on lead leg straight, hips & shoulders facing the target and head swiveled in the same direction after impact. Remember, don’t keep your head down!!!

