

# Spine Tilt for Power

By Scotty Hofer

Golfers should be able to set up to the golf ball in a way which promotes a powerful golf swing if they know what to look for. Check your pre-swing or address position by standing in front of a mirror to see if you are losing power before you even begin your golf swing.

Your spine should be tilted slightly away from the target at the address position. Here's how to establish the right amount of spine tilt. First, stand straight up and down with all of your joints (shoulders, hips, knees, ankles) stacked on top of one another with your weight evenly distributed. Grip your golf club in front of your body, and then incline forward into your golfing posture with knees slightly flexed. Your right shoulder will be slightly lower than your left shoulder, because your right hand is lower on the golf club than your left. Looking into a mirror, a straight line drawn from the ball (mid-iron ball position) vertically will touch your left ear or left side of your face. This sets you up a little behind the golf ball. For your driver with the ball positioned opposite your left heel, you will be even more behind the ball.

Setting up with your spine tilted slightly away from the target helps create the proper upper body pivot. By positioning your body with a slight spine tilt away from the target in your address position, you are promoting this backswing position before you even start the swing. Make a backswing and look at yourself in the mirror. Make sure your spine is behind the golf ball and tilted slightly away from the target, not straight up and down, and definitely not tilted towards the target. This will put your body and golf club into a powerful position for the downswing.

