The Transition from Backswing to Downswing

Presented
By
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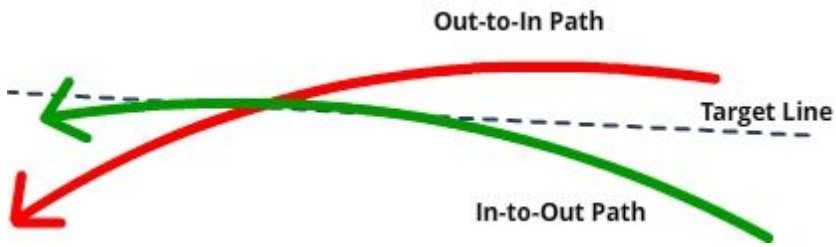
PushGolf

The Transition From Backswing to Downswing

Undoubtedly the **two greatest problem**s facing the high handicap golfer are the ability to:

1. stop slicing the ball
2. compress the golf ball at impact

Most golfers have what is commonly referred to as an **“over the top”** or **“out-to-in”** swing path which creates **lacks of distance**, and inevitably results in a big **slice** or a **big hook to the left**, which sends the ball further off target the longer the club. Ideally the golf swing should follow an **“in-to-out”** path which enables the golfer to hit the ball long down the middle.



The second main problem, the **inability to compress** the ball at impact where the **hands need to be ahead of the clubhead through the impact zone,** is the other main reason for a lack of distance.

The Ideal Impact Position to Compress the Ball

Both of these problems commonly originate in the **transition from the backswing to downswing**. When performed correctly the downswing will come **under the right forearm** of the right handed golfer. Most high handicap golfers however start the downswing path by swinging **above the right forearm**.

Swinging under the right forearm starts the swing on the correct "in-to-out" swing path, while swinging above the right forearm starts the swing path from "out-to-in".

The Solution

It is with what **Peter Croker** commonly refers to as the **"thumbs down"** action to initiate the downswing, that golfers can set themselves up to be in a position to compress the ball. This action also causes the club shaft to move in line with the left arm and the clubhead to move under the right forearm as the golfer releases the clubhead down and out to compress the ball.

Try the following exercise for yourself to see how this works. Grip a club and hold it out in front of you. Then push your **"thumbs down"** as demonstrated in the video.

Thumbs Down Exercise

Once you are able to do this move swing into the backswing position.

Perform the “thumbs down” in this position and notice not only that your hand moves into a position from which to compress the ball at impact, but that the club releases down **under the right forearm**.

Hopefully you now have an understanding of why the “thumbs action” can set a golfer on the right path to achieve both an “in-to-out” downswing and solid impact alignments where the ball is compressed and literally flies off the club head with effortless power.

In the following videos Peter Croker presents drills demonstrating the transition in the chip shot, the pitch shot and the full swing. This information is truly invaluable, and when **“drilled in”** and incorporated correctly into your swing, it will set you on the right path to **“Enjoy the Hit!”**

It is recommended that these drills be viewed and practised in the following order

1. The Chip Transition Drill

2. The Pitching Transition Drill

3. The Pitching Transition Drill 2

4. The Full Swing A to B Transition Drill