

Problem Swings – Tiltlers

This month we will take a look at another common swing type often seen on the golf course: Tiltlers, or Reverse Pivoters, generally seen in mid-Handicappers

this swing type is usually caused by incorrect Take Away of the club. There are two main contributing factors:

1. The player is generally trying to keep their left arm straight, instead of letting it remain relaxed.
2. The player is trying to get the club as far away as possible from the body, winding up for a huge down-swing.

Picture 1 shows the typical action of a Tilter. The club has gone so wide that if it were to continue in the same direction, the player would lose balance and fall over! To prevent this happening, the player's



Picture 1

body provides counterbalance by moving in the opposite direction to the club, which gives us the "Tilted" look at the top of the swing (**Picture 2**). This creates two major problems:

1. The player's shoulders are prevented from fully turning, resulting in a **loss of power**.
2. Since the player's body is tilted so far to the left, he has to compensate by moving back to the right to hit the ball. There are more moves here than a Rolex watch, making the



Picture 2

swing hard to repeat – this equals inconsistency and therefore **lack of directional control of the ball**.

To compare this with a correct swing action, we will again use Nick Faldo as our model. **Picture 3** shows the correct position of the club on the Take Away. It is much closer to the player's body, allowing the club to go around, which in turn, enables the player to turn properly. At the top of the swing, Faldo is in a much stronger position to swing down and through with power to burn (**Picture 4**).



Picture 3

The Fix

There are a couple of drills that can help eliminate this problem.

1. Stand on an up-slope - the back

Tee-time with Josh

Joshua Willard



Picture 4

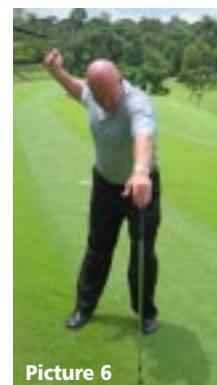
of a tee will do. This creates the feeling that your body weight is going back onto your right side (**Picture 5**). (You should feel like a baseballer, ready to swing his bat.)

2. Soften your left arm a little and hinge your hands like Faldo in **Picture 3**. This will help your arms go around your body and help you get behind the ball, rather than having your arms extending back and pulling your body out of position. (At first this will feel as though you have a lot of wrist action, because previously you have been so tight in your hands with the straight left arm and wooden wrists.)

3. Grab any club out of your bag and stand it up, hold on to it with your left hand and feel that your right arm and body go around and behind the ball (**Picture 6**).



Picture 5



Picture 6