

## **Maintaining Your Spine Angle - The Key to Hitting Better Golf Shots**

by Bob Menzies, PGA Professional

Have you ever made what felt like a decent swing, but ended up completely missing the ball? Or, have you ever taken a divot that felt like you were digging a hole to China? Both cases can be somewhat embarrassing! Consequently, your playing partner's advice was probably to "keep your head down". They may have meant well, but, unfortunately, that probably wasn't the best piece of advice that they could have given you.

Usually when you completely miss the ball - whiff - or take huge, deep divots prior to actually striking the ball, odds are that you altered your spine angle somewhere during your swing. The old adage of "keeping your head down" can often lead to poor body motion/turn during your backswing. Additionally, poor body motion/turn can create a steeper shaft angle into the ball during the downswing, resulting in weaker, powerless golf shots.

So, better advice from your playing partners would have been for you to try to maintain your original spine angle that you created at your address position. Then, try to keep that angle constant throughout your entire golf swing -- rather than lifting the golf club with your arms/body. I would highly suggest that you read about my "Level Turn" drill within the Golf Tips section on my web site ([www.bobmenzies.com](http://www.bobmenzies.com)) – which will definitely help you to maintain your original spine angle position throughout your golf swing. Give this tip a try, and I promise that you'll see better results in your overall shot-making right away!