

# *Triggering Your Swing*

A lot of amateurs have a quick or jerky start to their backswing because they are too "static" over the ball at the address position. All the great players have had a trigger to initiate the starting movement of their takeaway.



Jack Nicklaus turned his head to the right before starting his swing.

Gary Player kicked his right knee in before he started his swing.



## **TOP TIPS**

**It doesn't matter how you trigger your swing, the key points are that it must be 1. Comfortable & 2. Repeatable**