



# The Myth

## Keep your head down

**I** work with students every day who are told "keep your head down" by the family coach or by the 'wannabe Ledbetter's' who think that you can learn the mechanics of the golf swing in a week.

The trick is not to keep your head down, but rather to encourage the correct turn. The perception that your head is coming up is caused by the incorrect stance at address and this in turn leads to the dreaded reverse pivot.

From here the body is not in the correct backswing position. As the downswing starts, you are fighting to get behind the ball, forcing the weight onto the right leg. In this case the ball is usually topped or pushed out to the right. This will give the impression that you're lifting the head.

You need to turn the upper body correctly and pivot on the same angle; if your body position at address is incorrect, chances are good that you'll reverse pivot.

**Drill:** Place a golf club inside the right foot, stand in a setup position and drop the right shoulder so that it's lower than the left, hold a club in front of the chest, make a turn and try to match the two shafts together.

**Swing keys:** When you start the takeaway, keep the club low to the ground. This will help keep your spine angled and transfer weight correctly.



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