

fullswing

# Be there and be square

LEARN TO **'COVER YOUR HANDS'** IN THE BACKSWING AND HIT STRAIGHTER, MORE CONSISTENT GOLF SHOTS. BY ERIC LOHMAN, PGA

**One of the most** important swing checkpoints is when the club is waist-high during the backswing — I call this the “Cover Your Hands” position. This is arguably the best indicator of whether you’re keeping the clubface square to your intended swing path and that your swing path is correctly on plane.

- Using a mirror or other reflective surface, take the club back to waist-high (if you envision a clock, this would be 3 o’clock). Your lead arm should be roughly parallel to the ground.

- **Your clubhead should literally “cover your hands.”** The clubhead shouldn’t be to the inside or outside of your hands — either position will force you to re-route the club to get it back on plane and result in an inconsistent shot pattern.

- Assuming you address the ball with athletic posture and maintain that throughout the swing, **the angle of the clubface should mimic your spine angle.** That’s the squarest possible position, and this increases the likelihood of the ball flying down the line of your intended target. If the face is open (over-rotated) or closed (under-rotated), corrective actions must occur, again leading to inconsistency. **SG**



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If the clubhead covers your hands, you're in good shape.

EDDIE MEEKS



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