

KAREN PALACIOS

Swing Under Your Chin to Stop Going Over the Top

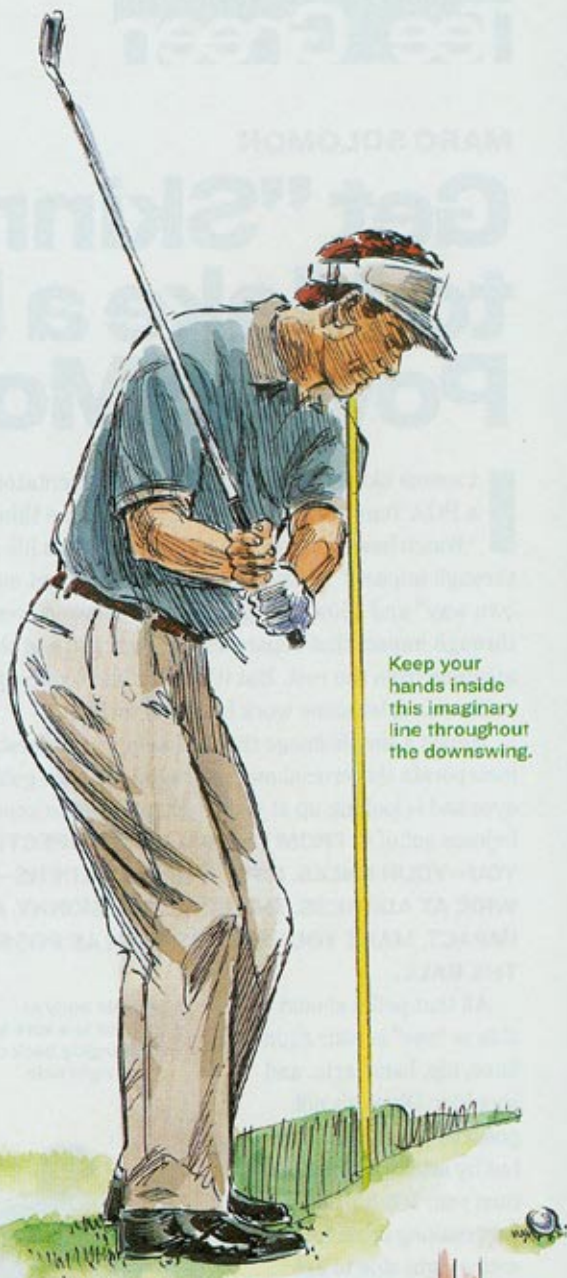
Coming "over the top" is easily the average player's most common fault; it afflicts probably 99 percent of my students. Is this you? From the top of your swing, you initiate the downswing by spinning your shoulders and upper body toward the target. This forces your hands and arms away from your upper body and brings the club to the ball from outside the target line. Depending on clubface position at impact, the result is either a high, weak slice or a low pull hook.

Here's an easy yet very effective drill for getting your downswing back on track. Take a good address position, making sure your chin is up and not buried in your chest. **IMAGINE A LINE RUNNING FROM THE TIP OF YOUR CHIN STRAIGHT DOWN TO THE GROUND. MAKE YOUR NORMAL TAKEAWAY, BUT ON THE DOWNSWING BE SURE YOUR HANDS AND ARMS PASS UNDERNEATH YOUR CHIN; DON'T ALLOW YOUR HANDS TO PASS OUTSIDE THAT IMAGINARY LINE.**

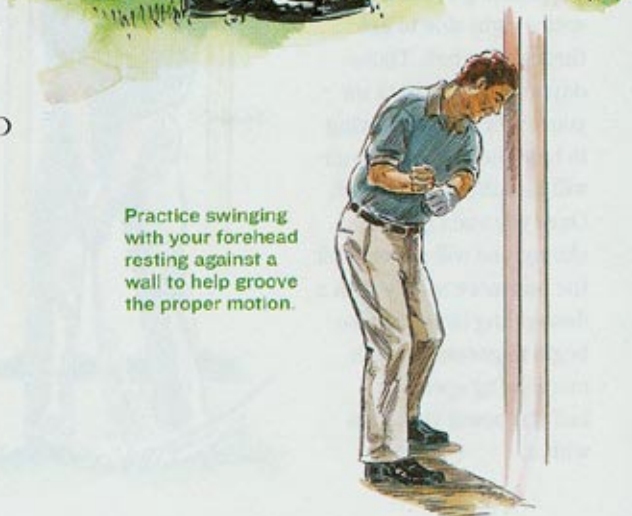
If you're having difficulty getting the hang of it, put down your club and take your address position facing a wall. Maintaining good golf posture, rest your forehead lightly against the wall, and grip your left thumb with your right hand. Take a few swings. If you fail to keep your hands under your chin, they'll hit the wall on the downswing. When the feeling is grooved, head back to the practice tee. You'll notice an immediate improvement—a crisper impact and longer, straighter shots.



An LPGA Class-A Instructor, **KAREN PALACIOS**, 34, is a full-time teaching professional at the Jim McLean Golf School in Miami, Florida. She has also done stints at the David Leadbetter Golf Academy and the Faldo Golf Institute. A frequent guest and host of *Golf Academy Live*, a nationally syndicated talk show on the Golf Channel, Palacios writes instruction articles for many national golf publications.



Keep your hands inside this imaginary line throughout the downswing.



Practice swinging with your forehead resting against a wall to help groove the proper motion.