

LONG GAME EXERCISE

Feet Asleep – Feet Awake

Skill:
Category:

Long Game
Action

To encourage the pupil to feel the correct motion for the lower body.

Encourage the pupil to imagine the feet are 'asleep' in the backswing, maintaining stability and supporting the upper body. Then in the forward swing the right knee moves to face the target and pulls away from the rear heel up facing away from the target.

