

Imagine that you're standing on two scales (one under each foot) as you swing. If you weigh 200 pounds, at address each scale should register 100 pounds. At the top of your swing, the scale under your right foot should read 160, while the left scale should register 40 pounds.

the truth about weight transfer

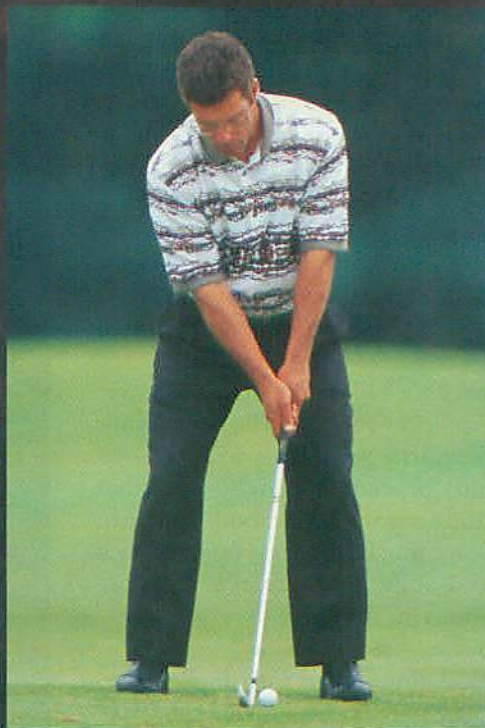
Use your chest and shoulders to shift your weight on the backswing

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eight transfer is one of the most misunderstood aspects of the golf swing. Most people recognize that there should be some shifting of weight during the backswing, but they don't know what part of the body is shifted, where it's shifted to and how.

At address, your weight should be distributed equally on both feet. At the top of your backswing, you should have 80 percent of your weight concentrated on your back leg. Imagine that you're standing on two scales (one under each foot) as you swing. If you weigh 200 pounds, at address each scale should register 100 pounds. At the top of your swing, the scale under your right foot should read 160, while the left scale should register 40 pounds.

By Carl F. Rabito

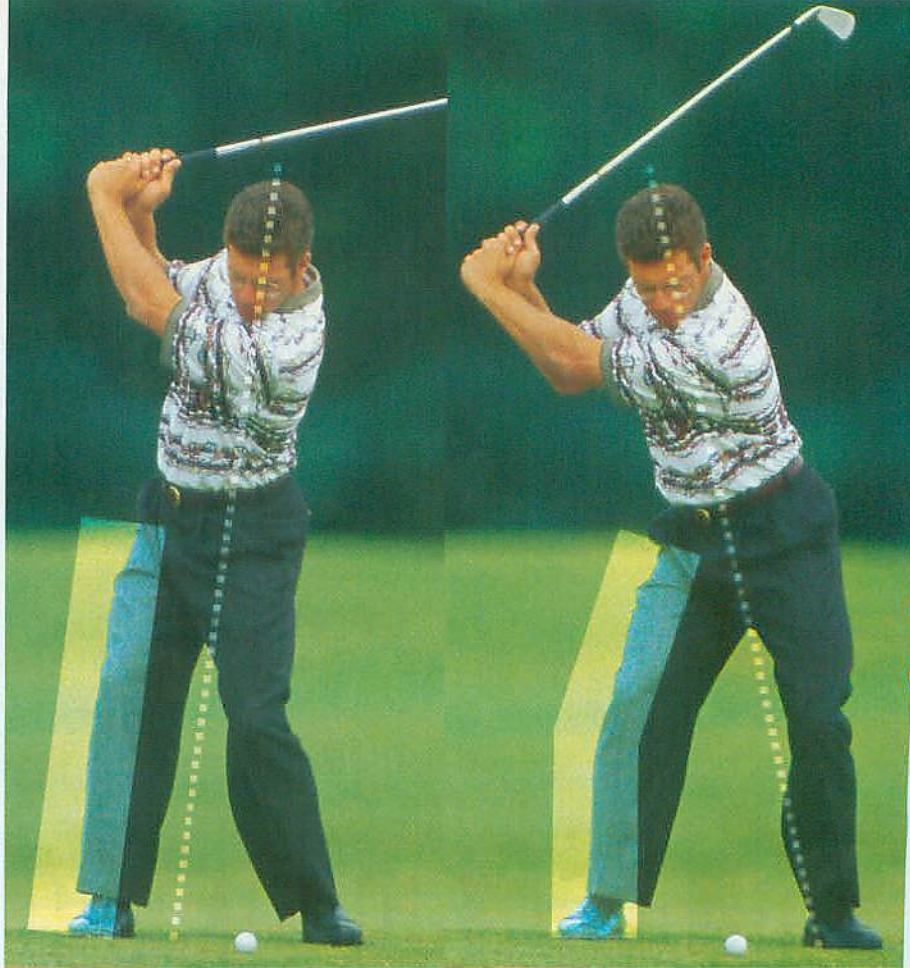


There are really only two ways to get your weight back there—with your lower body or with your upper body. Transferring your weight with your lower body—your legs and hips—is a very common mistake and causes several related problems. The first is the loss of flex in your right leg (for right-handers). This leads to a loss of your original spine angle, resulting in a very steep shoulder tilt which, in turn, causes a reverse weight shift. From this incorrect position, you'll have to make a big lateral hip slide in your downswing, which will force you to drop your right shoulder and cast the clubhead, resulting in an early release—and an outside-to-in swing path. This will cause any number of bad shots—pulls, pull-hooks, fades or full-blown slices, depending on your clubface position at impact.

A better way to get your weight behind the ball is to move your chest and shoulders over your right leg while keeping your hips and legs relatively centered. The idea is to turn your left shoulder back so that it occupies the position your right shoulder was in at address. By using your upper body to shift your weight on the backswing, your right leg will remain flexed, you'll be able to better maintain your original spine angle and you'll find it easier to stay balanced.

This solid position at the top of your backswing will eliminate the need for a big lateral slide to recover on the downswing. The base of your support—your legs—will stay solid and braced. A weight shift that utilizes your upper body will also place much less stress on your back and shoulders—greatly reducing your risk of injury.

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 PGA Professional *Carl F. Rabito* is the founder of the Rabito Golf School in Orlando, Fla.



When you attempt to transfer your weight with your lower body, you can lose the flex in your right leg and tilt your hips and spine angle toward your target (above). The only way to recover is to make a lateral hip slide on the downswing, casting the clubhead.



When you shift your weight by moving your chest and shoulders over your right leg, you'll be able to maintain your knee flex and spine angle (above). From this position, you'll be able to make an aggressive—yet balanced—move to the ball without sliding your hips laterally.

