

## **The Reverse Pivot**

By Brad Volker

A reverse pivot is a golf swing (for right-handed players) where the player's weight shifts onto the left side during the backswing and then shifts to the player's right side on the downswing and follow-through.

The following are some of the negative effects a reverse pivot can have on ball flight:

- Loss of distance with all clubs/all clubs go the same distance
- Downswing becomes steep into the ball causing a fat shot
- Hitting the ball on the upswing causing a topped or bladed shot
- Over-the-top swing path which can result in a pull if the clubface is square or a slice if the clubface is left open

To correct a reverse pivot:

1. Get good extension on the backswing.
  - a. Keeping your arms extended and "reaching back" during the backswing will help force your weight onto your right side on the backswing
2. During your backswing try to move your left shoulder over your right foot.
  - a. Amateurs often mistake a good shoulder turn for dropping their left shoulder down during the backswing
  - b. Don't drop your left shoulder, just turn it over your right foot as best you can
3. The Hockey Drill – Use this drill to help feel what a correct weight shift should be
  - a. Take your normal grip, stance and posture
  - b. Slide your right hand halfway down the shaft of the club
  - c. Pull the club up so that it is parallel to the ground
  - d. Make your swing from this position
4. Shortening the backswing can help correct a reverse pivot.
  - a. Some players correctly shift their weight on the backswing, but in an ill-conceived effort to produce more power, over-rotate on their backswing and throw their weight back onto the left side at the top of the swing.
  - b. Remember, a longer backswing doesn't necessarily mean more power.

**Watch a video demonstration of the reverse pivot and how to fix it at**

**<http://www.volker golf.com/golf-tips-articles/>.**