RAIN JACKET BACKSWING DRILL

Hold the sleeve. Turn back. Feel the width.

1. Set up the jacket

Keep your lead arm relaxed inside the jacket, out of its sleeve. With your trail hand, hold the cuff of the empty sleeve.

2. Turn back and feel the width

Turn comfortably into your backswing, gently drawing the empty sleeve across your body. Keep the hidden arm relaxed. Avoid pulling hard.



3. Complete your round

Complete two sets of nine slow rehearsals. Return to address and reset each time. Tick off 18 repetitions. No shot score needed.



Golf Practice Made Fun App
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Rain Jacket Width

Feel width in your backswing

Date: _____ **Location:** _____ **Club:** _____

1 Hide your lead arm

For a right-hander, keep the right arm in its sleeve and the left arm relaxed inside the jacket body, out of the left sleeve.

2 Hold the empty cuff and turn

Grasp the empty lead sleeve's cuff with your trail hand. Make a gentle chest turn without tugging the fabric or forcing a stretch.

3 Complete two sets of nine

Make nine comfortable rehearsals, pause, then repeat nine more. Tick completed movements; record the feeling rather than a shot score.

Tick one box for each completed rehearsal or shot.

Completion record: two sets of nine. Record observations below; there is no points score.

ATTEMPT	1	2	3	4	5	6	7	8	9	COMPLETED
Set 1										/ 9
Set 2										/ 9

Pause between the two sets of nine.

COMPLETED: _____ / 18

Comfortable turning range: _____

Width / turn feeling: _____

Practise smart. Track your progress.

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