



THE ROLE OF THE TRAIL HIP

FREE TRAINING GUIDE

Trail Hip Motion



The movements of the trail hip are vitally important for building a powerful and efficient golf swing. Too often, we see club golfers either move their trail hip poorly or hardly at all. This leads to inconsistency and a lack of clubhead speed and in some cases, injury!



Ideally, the trail hip rotates behind you in the backswing, with hips turning about 50° away from the golf ball.

From there, the trail hip can fire towards the target. Let's discuss the many different aspects of your golf swing, which can be affected by trail hip movement

Swaying



Swaying - By rotating the trail hip backwards and in behind you, we eliminate swaying in the backswing. If the trail hip sways away from the target, then we either move too far off the golf ball or tilt the spine forwards. This tilting puts unwarranted strain on the back and can lead to injury.

Loading



Loading - This ideal trail hip rotation around and behind you, creates pressure on the inside, rather than the outside of the trail foot.

This loading in the backswing builds a more stable platform from which to drive forward into the downswing.



Back Rotation



Trunk Rotation - As the hips turn in the backswing, trunk rotation is increased, helping you get your back to the target. Many golfers try to limit hip rotation in the backswing. However, this puts the back under strain, as it makes it difficult to turn your back to the target.

Relaxation



Relaxation - By focusing on the movements of the lower half of the body, you can reduce tension in the hands, arms and shoulders. Excessive effort and tension in the upper body adversely affects ball striking, timing and balance.

Sequence



Kinematic Sequence - With more emphasis on the rotation of the lower half of the body, you achieve a more effective kinematic sequence in the downswing. As in many sports, this is key to producing effortless power, generating rotational speed from the ground up through the body.

Early Extension



Early Extension - This is one of the most common swing problems for amateur golfers. This is when both hips move towards the golf ball in the downswing, instead of moving the trail hip towards the target as described. Posture is lost, causing multiple issues in the golf swing.



Weight Transfer



Weight Transfer - Activating the trail hip transfers linear pressure too. For optimum power output in the downswing, you ideally shift pressure from the back foot to the front foot in a direct shift towards the target. Without good trail hip movement, many golfers hang back.

Downswing Rotation



Downswing Rotation - You need to rotate your in the downswing too! By moving the trail hip towards the target in the downswing, the lead hip moves around and out of the way, aiding forward rotation of the hips. This creates space for you through impact and increases rotational force.

Lag



Lag - The unwinding from the ground up, is a crucial aspect in producing lag. The quickest way to 'cast' the club or release the club too early in the downswing, is to stop rotating the hips. There is much centrifugal force created in the downswing and if the hips stop, the club releases early.

Clubhead Speed



Clubhead Speed - Increased distance is an expected byproduct of dynamic rotation of the trail hip. Of course, with dynamic shift of pressure, increased rotation and improved lag, it becomes inevitable that you will produce more clubhead speed with less effort.



Compression



Compression - As the motions of the trail hip improve, along with a better shift of pressure, golf ball compression is increased.

With improved lag and downswing sequencing, it becomes much easier for you strike the golf ball first and then the turf.

Commitment



Commitment - It is common for golfers to struggle to commit to their swings, if they primarily use the hands and arms to generate power. Proper trail hip movement builds momentum through impact. This helps you commit to your shots better and reduces hesitancy in the golf swing and 'steering'.

Flipping



Flipping & Scooping - Flipping the hands and 'scooping' shots are common issues for golfers who sway or don't rotate their hips much during the golf swing. Inconsistency and a weak, high ball flight will result from these faults. The hands become overactive through impact, as the hips slow down.

Square Clubface



Square Clubface - Finally, everyone's favourite - improved accuracy. Fluid rotation of the trail hip from the backswing to the followthrough greatly assists in squaring of the clubface. The higher the quality of body rotation, the straighter the golf ball flies.



THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

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