

AT FINISH OF THE SWING, ARE HIPS TURNED 90 DEGREES TO TARGET LINE												
HOLE→	8	9	10	11	12	13	14	15	16	17	18	TOTAL
SHOT 1	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	
SHOT 2	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	
SHOT 3	Y		Y		Y	Y	Y		Y		Y	
Shot 4			Y		Y							
90-DEGREE HIP TURN	3	2	4	2	4	3	3	2	3	2	3	32 OF 32

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At the finish of the swing, my wife never could get her hips turned 90 degrees to the target line after a number of years. I tried prompting her just before the swing, moving her hips manually to give her a feel of how to swing the club and praising her for the slightest improvement. Nothing worked. On the eighth hole one day, I suggested she hold the finish position, observe how many approximate degrees her hips were turned and then record on a blank scorecard on a yes (Y) or no (N) basis whether she turned her hips at least 90 degrees.

To my astonishment, she did it perfectly on the first swing. Then, on the next, and the next, and on all the swings that day. It shows the power of self-observation, a measurable standard and self-recording of data to provide cumulative feedback. You can use this same observation and recording-of-data procedure for any swing behavior a student can detect at address, the finish position or even some in the movement of the club or body.