



SWING SEQUENCE

# Charley Hull

**A**t address Charley Hull has the ball well forward in her stance, and her upper body is set perfectly over the hips. Her posture is faultless and she looks like a martial artist about to deliver a powerful blow! This gives you a great idea for just how athletic and dynamic a good address position should be.

The first move into her backswing is a testament to her strength and flexibility. The club moves away seamlessly on plane while her lower half offers perfect stability and resistance as she begins to turn her upper body. Charley completes the backswing by really loading into the right side, and is now in position to launch the ball into the

stratosphere. Notice how, as she reaches the top of her backswing, her sternum is still over the middle of her stance – something all great ball-strikers have in common.

As she starts down, we now see a young player's move back into the ball with an incredibly dynamic clearing of the hips, look how quickly her hips have turned towards the

Photography David Cannon/Getty images

 Search GM's YouTube channel for more swing analyses

target. Despite the aggressiveness of this move she is able to maintain the club on plane. Her right heel is off the ground halfway through the downswing – evidence of this really strong move!

Look at the fifth picture in the top row and you'll see a textbook extension of the driver down the line. This shows absolute

commitment to the shot as well as a classic release. I also really like the way her shoulders have stayed in position throughout the swing. Despite the fact she drives powerfully off her right side, there is no question of coming up and out of this shot.

It is easy to forget that Charley Hull is still just 19 years old as her game and maturity on

ANALYSIS by...



the course are that of someone much older. With such a solid basic technique to fall back on, watch out for her continued rise within the women's game.

**Barney Puttick** is head professional at Mid Herts GC