**Swing Improvement Components**

1. Initial Conditions – Grip, Alignment, Posture
2. Body Rotation

Postures

Separation of Upper Body and Lower Body

Lower Body

Upper Body- Shoulder Functioning

Head Rotation

3. Timing/Sequencing

4. Impact Position

Pre-Impact

Post-Impact

5. Swing Plane/Path

6. Forearm Rotation

7. Swing Width

8. Shoulder Tilt

9. Elbow Work

10. At the Top

11. Transition

12. Follow-Through Pose

13. Litmus Test or Report Card= Show me extra slow swing no ball