**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