

# Time to tackle a golfing myth head on

## 14: Myth - Keep Your Head Still

A myth many golfers buy into is that you must keep your head still in the golf swing.

It seems like good advice. After all, the spine angle you create at your address position needs to be maintained throughout your swing, so that you can get back to the ball consistently.

Therefore any movement up or down with your head would change the angle of your spine and the plane of your swing. That would in turn change the base of your arc where you contact the ball.

However, from a face-on perspective, your head will need to rotate to help to facilitate the turn of your shoulders in your back-swing.

If you kept your head completely still you would prevent your spine rotating in your back-swing and your shoulders would be unable to achieve their full turn, robbing you of power and distance.

It should be 'head steady' - not 'head dead still'.

From the pictures, you can see a full turn of the shoulders at the top of the back-swing. It appears that the head has remained still.

But with the aid of a visor you can see that the head has rotated.

● For details on the Andy Lamb Golf Academy, visit [andylambgolf.com](http://andylambgolf.com), email [info@andylambgolf.com](mailto:info@andylambgolf.com) or call 07887 422140.



● Andy Lamb demonstrates how to keep your head still

PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips



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