



The Backswing Blueprint Printable Practice Pack

Companion sheets for posture, setup, backswing, balance, and range practice

Use this on the range

Print these pages, place them in a folder or range bag, and use them alongside your copy of *The Backswing Blueprint: Ben Hogan's Guide to Improved Posture*. This companion pack is designed for practice, not as a replacement for the book.

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golfttraininginc.com/backswing-blueprint

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How to Use This Practice Pack

This PDF gives readers a printable place to complete the checks and drills referenced in the book. It is especially helpful for Kindle readers because digital screens cannot be written on directly.

Kindle Reader Note

Because digital screens cannot be written on directly, you can replicate these logs and worksheets in any standard journal, or print this pack from golfraininginc.com/backswing-blueprint for use at home or on the range.

- [] Print the quick checklists and keep them in your range bag.
- [] Use the 30-day plan as a simple posture reset program.
- [] Complete one practice log for each range session or round.
- [] Use the fault field guide when your contact, balance, or ball flight starts to break down.
- [] Use the chapter worksheets after reading each chapter of the book.

Safety and Instruction Note

Golf practice can involve repetitive motion. Stop any drill that causes pain, dizziness, or unusual discomfort. This pack is for general golf education and personal practice. It is not medical advice, physical therapy, or a substitute for a qualified golf instructor, physician, or fitness professional.

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Website Page Copy

Suggested page title: **The Backswing Blueprint Printable Practice Pack**

Suggested page description: Download the companion practice sheets for The Backswing Blueprint. Use these printable logs, posture checkpoints, and chapter worksheets to track your setup, backswing, balance, and follow-through during your 30-day posture training plan.

1. Quick Reference Checklists

Use these before each range session. The goal is not to think about everything at once. The goal is to catch the one posture leak that is creating the biggest swing problem today.

Address Posture Checklist

<input type="checkbox"/> Feet feel stable, not locked.	<input type="checkbox"/> Weight rests through the middle of the feet.
<input type="checkbox"/> Knees have athletic flex, not a squat.	<input type="checkbox"/> Hips hinge naturally instead of rounding the back.
<input type="checkbox"/> Chest is over the ball without collapsing.	<input type="checkbox"/> Arms hang naturally under the shoulders.
<input type="checkbox"/> Chin is free enough for the lead shoulder to turn.	<input type="checkbox"/> Grip pressure is firm but not tense.

Grip and Setup Checklist

<input type="checkbox"/> Clubface is aimed first, before the body sets.	<input type="checkbox"/> Hands are placed without twisting the shoulders.
<input type="checkbox"/> Grip pressure stays consistent from address to takeaway.	<input type="checkbox"/> Lead wrist feels organized, not forced.
<input type="checkbox"/> Trail hand supports the club without dominating the start back.	<input type="checkbox"/> Elbows feel connected to the body, not pinned rigidly.
<input type="checkbox"/> Shoulders match the target line and body aim.	<input type="checkbox"/> One rehearsal swing confirms balance before the shot.

Backswing Checklist

<input type="checkbox"/> The first move back is smooth and connected.	<input type="checkbox"/> Hands, arms, and chest start together.
<input type="checkbox"/> Spine angle stays quiet during the takeaway.	<input type="checkbox"/> Hips rotate; they do not slide away from the target.
<input type="checkbox"/> Lead shoulder turns under the chin without lifting the head.	<input type="checkbox"/> Trail knee keeps stability without locking.
<input type="checkbox"/> Top of backswing feels coiled, not collapsed.	<input type="checkbox"/> Tempo stays patient enough to finish the turn.

Finish and Balance Checklist

<input type="checkbox"/> Chest rotates through the shot.	<input type="checkbox"/> Body finishes facing the target area.
<input type="checkbox"/> Weight moves to the lead side without lunging.	<input type="checkbox"/> Trail foot releases naturally after impact.
<input type="checkbox"/> Finish can be held for three seconds.	<input type="checkbox"/> No falling back, spinning out, or stepping away.
<input type="checkbox"/> Shot result matches the quality of the finish.	<input type="checkbox"/> One takeaway is written before the next ball.

Range Session Quick Card

Print this page by itself if you want a simple one-page range routine.

Warm-up	Make 10 slow motion swings. Hold finish for three seconds.	Do not judge distance yet.
Setup Check	Use mirror, phone, window reflection, or club on ground.	Confirm posture before hitting balls.
Block 1	Hit 10 half-swings with wedge or short iron.	Goal: quiet posture and balanced finish.
Block 2	Hit 10 full swings at 70 percent speed.	Goal: repeat same address shape.
Block 3	Hit 10 balls with full routine.	Goal: choose target, rehearse, swing, hold finish.
Review	Write one posture fault and one fix before leaving.	The written note matters.

Today's main posture cue

Best swing feeling from this session

One adjustment for next session

2. The 30-Day Backswing Posture Plan

A simple month-long practice structure for setup, backswing, balance, and finish. Keep the sessions short. Consistency matters more than volume.

Plan Rule

Work at 60 to 75 percent speed until the posture checkpoints become repeatable. Speed is earned after structure shows up consistently.

Week 1	Setup and posture shape	Build a repeatable address position.
Week 2	Grip, connection, and takeaway	Start the backswing without losing posture.
Week 3	Rotation and core stability	Turn without swaying or standing up.
Week 4	Finish, balance, and transfer	Bring the posture work into full swings and rounds.

Week 1: Setup and Posture Shape

Day 1	Photograph address posture from face-on and down-the-line.	Write one posture issue.
Day 2	Hinge from hips drill. 3 sets of 8 rehearsals.	Feel athletic, not rounded.
Day 3	Feet and balance check. Rock heel-to-toe, settle mid-foot.	Find center balance.
Day 4	Arms-hang test with short iron. 20 slow rehearsals.	Remove reach tension.
Day 5	Mirror setup checkpoint. Hold address for 10 seconds.	Stable without stiffness.
Day 6	Hit 20 half-swings holding finish.	Posture beats distance.
Day 7	Review and write three setup cues.	Pick one cue for Week 2.

Weekly review notes

Week 2: Grip, Connection, and Takeaway

Day 8	Grip pressure scale. Hit 10 balls at 4/10 pressure.	Notice clubface control.
Day 9	One-piece takeaway rehearsals. 3 sets of 10.	Hands and chest move together.
Day 10	Towel-under-arms connection drill, half swings.	No pinching or locking.
Day 11	Lead wrist awareness. Rehearse top position slowly.	Organized, not forced.
Day 12	Trail hand support drill. Remove hand tension.	Club starts back smoothly.
Day 13	20 balls with takeaway checkpoint.	Pause after first foot back.
Day 14	Review grip and takeaway notes.	Choose one trigger word.

Weekly review notes

Week 3: Rotation and Core Stability

Day 15	Chair-behind-hips posture turn drill.	Rotate without sliding.
Day 16	Slow shoulder turn around spine. 20 rehearsals.	No lift or sway.
Day 17	Trail knee stability check.	Brace without locking.
Day 18	Half-speed swings with core engaged.	Stable middle, free arms.
Day 19	Video from down-the-line.	Check spine angle.
Day 20	20 balls at 70 percent speed.	Repeat top position.
Day 21	Review rotation notes.	Identify one recurring leak.

Weekly review notes

Week 4: Finish, Balance, and Transfer

Day 22	Three-second finish drill. 20 rehearsals.	Balanced finish only.
Day 23	Step-through drill at half speed.	Let weight move forward.
Day 24	Full routine practice. 15 balls, one target each.	No rapid-fire hitting.
Day 25	Wedge to driver posture ladder.	Adjust stance by club.
Day 26	Video face-on and down-the-line.	Compare to Day 1.
Day 27	Play or simulate nine holes.	Use one posture cue.
Day 28	Review misses and finish quality.	Shot tells a story.
Day 29	Best drill repeat day.	Return to what worked.
Day 30	Final assessment and next 30-day target.	Write the plan forward.

Weekly review notes

30-Day Final Assessment

What improved most in my setup?

What backswing mistake still shows up under pressure?

Which drill gave me the clearest improvement?

What ball flight pattern changed?

What is my next 30-day focus?

3. Printable Practice Log Pages

Use one log per range session or round. The purpose is to connect feel, posture, ball flight, and the next adjustment.

Kindle Reader Note

Because digital screens cannot be written on directly, you can replicate these diagnostic logs in any standard journal, or print this pack from golfttraininginc.com/backswing-blueprint for full-sized physical sheets.

Practice Log Page 1

Date: _____	Location: _____	Club Focus: _____
Main posture cue: _____		

Warm-up				
Block 1				
Block 2				
Block 3				
Course Transfer				

What felt better today?

What broke down when I added speed or pressure?

My one next-session cue

Practice Log Page 2

Date: _____	Location: _____	Club Focus: _____
Main posture cue: _____		

Warm-up				
Block 1				
Block 2				
Block 3				
Course Transfer				

What felt better today?

What broke down when I added speed or pressure?

My one next-session cue

Practice Log Page 3

Date: _____	Location: _____	Club Focus: _____
Main posture cue: _____		

Warm-up				
Block 1				
Block 2				
Block 3				
Course Transfer				

What felt better today?

What broke down when I added speed or pressure?

My one next-session cue

Practice Log Page 4

Date: _____	Location: _____	Club Focus: _____
Main posture cue: _____		

Warm-up				
Block 1				
Block 2				
Block 3				
Course Transfer				

What felt better today?

What broke down when I added speed or pressure?

My one next-session cue

Practice Log Page 5

Date: _____	Location: _____	Club Focus: _____
Main posture cue: _____		

Warm-up				
Block 1				
Block 2				
Block 3				
Course Transfer				

What felt better today?

What broke down when I added speed or pressure?

My one next-session cue

Practice Log Page 6

Date: _____	Location: _____	Club Focus: _____
Main posture cue: _____		

Warm-up				
Block 1				
Block 2				
Block 3				
Course Transfer				

What felt better today?

What broke down when I added speed or pressure?

My one next-session cue

Practice Log Page 7

Date: _____	Location: _____	Club Focus: _____
Main posture cue: _____		

Warm-up				
Block 1				
Block 2				
Block 3				
Course Transfer				

What felt better today?

What broke down when I added speed or pressure?

My one next-session cue

Practice Log Page 8

Date: _____	Location: _____	Club Focus: _____
Main posture cue: _____		

Warm-up				
Block 1				
Block 2				
Block 3				
Course Transfer				

What felt better today?

What broke down when I added speed or pressure?

My one next-session cue

Practice Log Page 9

Date: _____	Location: _____	Club Focus: _____
Main posture cue: _____		

Warm-up				
Block 1				
Block 2				
Block 3				
Course Transfer				

What felt better today?

What broke down when I added speed or pressure?

My one next-session cue

Practice Log Page 10

Date: _____	Location: _____	Club Focus: _____
Main posture cue: _____		

Warm-up				
Block 1				
Block 2				
Block 3				
Course Transfer				

What felt better today?

What broke down when I added speed or pressure?

My one next-session cue

4. Posture Fault Field Guide

Use this guide when the swing feels inconsistent. Find the fault, run the field test, then choose one correction drill.

Standing Too Tall

Symptoms	Thin contact, heel strikes, arms reaching, limited shoulder turn.
Field Test	Place a club across the hips and hinge from the hips until arms hang naturally.
Correction Drill	Hinge and hold: set posture, relax arms, hold for 10 seconds, repeat 10 times.
Write Your Cue	_____

Too Much Knee Bend

Symptoms	Heavy contact, stuck feeling, weak turn, loss of height through the swing.
Field Test	Check if knees are bending more than the hips are hinging.
Correction Drill	Tall-to-athletic reset: stand tall, unlock knees, hinge from hips, settle mid-foot.
Write Your Cue	_____

Rounded Upper Back

Symptoms	Tension in neck, poor shoulder turn, takeaway gets handsy.
Field Test	Look in a mirror from down-the-line. Chest should not collapse toward the ball.
Correction Drill	Chest-wide rehearsal: gently widen collarbones, let arms hang, make slow turns.
Write Your Cue	_____

Sway in the Backswing

Symptoms	Contact varies, low point moves, balance falls away from target.
Field Test	Use a chair or alignment stick just outside trail hip. Turn without bumping it.
Correction Drill	Trail-hip wall drill: rotate the trail pocket back, not sideways.
Write Your Cue	_____

Early Extension

Symptoms	Shanks, blocked shots, loss of posture, hips move toward ball.
Field Test	Film down-the-line. Check if hips move closer to the ball before impact.
Correction Drill	Chair-behind-hips drill: keep light contact with chair during slow swings.
Write Your Cue	_____

Grip Tension

Symptoms	Quick takeaway, stiff shoulders, poor release, inconsistent face control.
Field Test	Rate grip pressure from 1 to 10 before each swing.
Correction Drill	Pressure ladder: make rehearsal swings at 3/10, 5/10, and 7/10.
Write Your Cue	_____

Reverse Pivot

Symptoms	Weight finishes back, weak contact, high slices or pulls.
Field Test	Face-on video: check if upper body leans toward target at top.
Correction Drill	Step-through drill: swing through and let trail foot step forward naturally.
Write Your Cue	_____

Losing Finish Balance

Symptoms	Cannot hold finish, inconsistent start line, poor speed control.
Field Test	Hold every finish for three seconds. Falling out tells the truth.
Correction Drill	Three-second finish: shot does not count unless the finish is held.
Write Your Cue	_____

Flat Shoulder Turn

Symptoms	Club gets inside, posture lifts, backswing loses width.
Field Test	Place club across shoulders and turn around spine angle.
Correction Drill	Shoulder-plane rehearsal: lead shoulder works down and across, not level.
Write Your Cue	_____

Disconnected Arms

Symptoms	Takeaway gets loose, clubhead races inside, timing becomes unreliable.
Field Test	Towel under both upper arms during slow half-swings.
Correction Drill	Connection drill: half-swings with towel, then remove towel and repeat feel.
Write Your Cue	_____

5. Chapter Practice Worksheets

Complete one page after each chapter. These pages turn the reading into range work.

Kindle Reader Note

Because digital screens cannot be written on directly, you can replicate these chapter worksheets in any standard journal, or print this pack from golfraininginc.com/backswing-blueprint for full-sized physical sheets.

Chapter 1: The Mystery of a Repeatable Swing

Practice Focus: Identify the posture problem that most often appears in your swing.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 2: Grip

Practice Focus: Connect hand pressure to shoulder freedom and posture quality.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 3: Stance

Practice Focus: Match stance width, balance, and club choice.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 4: Backswing Mechanics

Practice Focus: Turn around posture instead of lifting or swaying.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 5: Core Strength

Practice Focus: Use the core to support rotation, not to create stiffness.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 6: Follow-Through

Practice Focus: Use finish balance as proof of posture.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 7: Drills

Practice Focus: Choose the one drill that fixes your biggest leak.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 8: Mental Approach

Practice Focus: Build a simple cue that survives pressure.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 9: Video Analysis

Practice Focus: Capture one face-on and one down-the-line swing.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 10: Body Type Adjustments

Practice Focus: Adapt the setup without copying someone else blindly.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 11: Posture Correction

Practice Focus: Connect fault, cause, drill, and written cue.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

Chapter 12: Next Steps

Practice Focus: Build your personal plan for the next 30 days.

One idea I need to remember from this chapter

My current swing fault related to this chapter

Drill I will use this week

Range notes and results

Setup felt stable	
Backswing stayed organized	
Finish could be held	
One cue was clear	

6. Resources and Further Study

Use these notes to organize your next steps. Keep outside resources supportive. The main work is still your posture, practice notes, and feedback from your own swing.

Printable companion page: golfraininginc.com/backswing-blueprint

Recommended tools for using this pack:

- [] A phone camera or tripod for swing video.
- [] Two alignment sticks or spare clubs for aim and stance checks.
- [] A small notebook or this printed PDF in a range folder.
- [] A mirror, window reflection, or home practice station for posture checks.
- [] Optional: qualified golf instructor feedback when a pattern continues.

Website Upload Instructions

Suggested file name for the website: **The_Backswing_Blueprint_Printable_Practice_Pack.pdf**

Suggested button text: **Download the Printable Practice Pack**

Suggested page title: **The Backswing Blueprint Printable Practice Pack**

Suggested page description: Download the companion practice sheets for The Backswing Blueprint. Use these printable logs, posture checkpoints, and chapter worksheets to track your setup, backswing, balance, and follow-through during your 30-day posture training plan.

Notes for my next training cycle