

# Distance Wedge: Video Analysis

## 3 Wedge Traits

1. Stacked Centers
2. “Constant Radius”
3. Smooth Force



# Distance wedge play

## Same 3 wedge swing traits:

- Constant Radius
- Stacked Centers
- Smooth Force

## Club Goals

- Control Loft – Launch angle  
(high 20's/low 30's)
- Shaft lean – no flip
- AOA 5 to 15
- Control speed – cast and coast





# Distance Wedge

- Basic shape
  - Stacked centers
  - Lead foot bias
  - Shoulder plane
  - Arm width consistency
  - Arm connection
  - Arm rotation (shallowing)
  - Cast transition (slight)
  - Coast vs brace

Goal 1: Solid Contact

Goal 2: Trajectory Control

Goal 3: Distance Control



# Distance Wedge: Basic Stroke

## Goal 1: Solid Contact

1. Stacked center
  1. Lead foot only master drill
2. Keep the triangle
  1. Arms straight
  2. Arm rotation
  3. Smart ball/towel connection drills
3. Pivot all together (cast vs load)
  1. Abs/obliques/back
  2. Stable shoulders and wrists
  3. Shaft lean with no flip
  4. Feet together swings



# Distance wedge: $\frac{3}{4}$ Swing baseline

## Goal 2: Distance Control

1. Backswing length – Match the finish
  1. 9 to 3 –  $\frac{1}{2}$  swing – low spin option
  2. 10 to 2 -  $\frac{3}{4}$  swing – default option
  3. Full swing – higher spin option
  4. \*Draw swing – maximum distance option
  5. Rhythm swings (cast and coast)



# Distance Wedge: Basic Stroke

## Goal 3: Trajectory and Spin

1. Shaft lean
2. Impact line
3. Body vs arms
4. Flexed vs extending spine
5. Watch the armpits





# Distance Wedge: Trajectory goals

## Goal 3: Trajectory

1. Trajectory gate training (or launch monitor feedback)
  1. 30 degree set up or goals
2. Loft/contact/AOA
  1. Ball position
  2. Face openness
  3. Release style



# Video Analysis Overview

## Stacked Centers:

- Set up (p1)
  - Impact line (p7)
  - Top of backswing (p4)
  - Transition (p5.5)
- 
- Use Core Muscles



## Constant Radius:

- Backswing (p2, p3, p4)
  - Transition (p5.5)
  - Release (p6 to p8)
- 
- Key: Scapula control  
Trail arm straight



## Smooth Force:

- Slight cast
    - Delivery pos (5.5)
  - Release
    - Coast (p6 to p8)
- 
- Use Core muscles





# Distance Wedge: Key Drills

Triangle Swings

Towel Under Arms

Yoga Block Under Trail Foot

Backswing – Trail arm only

Single Arm Swings

Trajectory Gate

# Arm Triangle/Smart Ball/Bucket

## Set up

Smart ball or bucket connecting arms and chest. Or focus on arm straightness

## Client Keys

Focus on the straightness of the arms, the connection of the armpits, the location of the hands compared to the chest with or without an object (ball or bucket) for feedback

## Coach Keys

Monitor spine extension and arm rotation as consequences of trying to keep the arms straight.

## Primary Uses

Constant radius training  
Smooth force

## Factors of Progression (layers of detail)

Vary target distance  
Vary length of swing



# Towel Under Arms

## Set up

Place a towel high in the armpits and keep it pinned to your rib cage during the stroke. Light towels work best.

## Client Keys

Developing a feel for a body connected stroke with less wrists.

## Coach Keys

Watch for inside takeaway from too level shoulder turn or low point shifting backward from not enough extension.

## Primary Uses

Constant Radius and Smooth Force

## Factors of Progression (layers of detail)

Different length shots/swings





# Yoga Block Under Trail Foot

## Set up

Place trail foot on a yoga block. Keep weight on block steady during backswing

## Client Keys

Developing a feel for a stroke with more centered upper body over lead foot

## Coach Keys

Watch for axis tilt and pushing with trail foot or finishing in flexion of the spine

## Primary Uses

Stacked Centers

## Factors of Progression (layers of detail)

Different length of backswings and finishes



# Single Arm Swings

## Set up

Take normal grip, then take one hand off, avoid gripping end of the club with trail hand.

## Client Keys

Trail arm focus on arm in front of chest. Connect to body rotation.

Lead arm focus on armpit connection motorcycle in transition

## Coach Keys

In general, watch for overly active shoulders causing disconnection. All arms, no body is common.

## Primary Uses

Constant Radius.  
Smooth Force.

## Factors of Progression (layers of detail)

Different length of swings





# Trajectory Gate

## Set up

Use an alignment stick and a little bit of math to help create a trajectory training visual  
Position the gate about 1.75 alignment sticks away from the golf ball. If you're checking your answer, then the top of the alignment stick should be about 2 alignment sticks away from the ball.

## Client Keys

Visualize the target trajectory of the wedge shot before each shot. Use upper body location and loft control to keep ball under the gate.

## Coach Keys

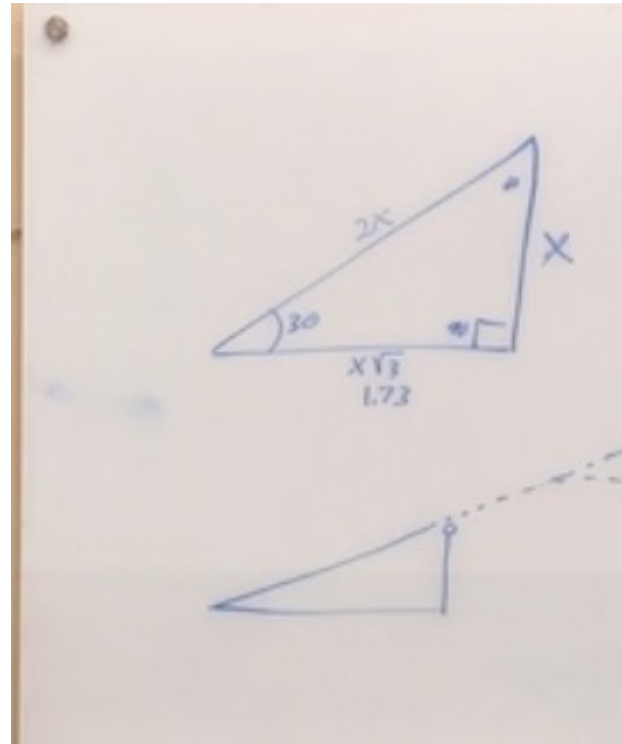
Watch for sliding forward during release, swinging over the top, or staying in flexion too long as ways to lower flight

## Primary Uses

Distance control  
Trajectory control

## Factors of Progression (layers of detail)

Different distances





# Distance Wedge: Hands On

- Ribs (stand behind)
  - Set up – stacked
  - Backswing stack/tilt
  - Extension/tilt through impact
  - Coasting to finish
- Handle guiding (stand behind to the left)
  - Left Arm Blocking
- Guided Transition (stand in front)





# Axis Tilt Guide

## Set up

Stand with your hand even with the golf ball, in front of your students line of sight

## Client Keys

Make a backswing and avoid moving away from the target.

## Coach Keys

Monitor pelvic position and spine extension as they attempt to stay more centered.





# Rib Cage Support

## Set up

Stand behind with hands on lower ribs

## Client Keys

Make a normal, but smooth stroke and I'll guide your rib cage.

## Coach Keys

Guide extension with side bend in the backswing, translation in transition or negative torsion and space from the ball during the release.





# Transition Pump

## Set up

Left hand on grip, right hand under students trail elbow. Cradle lead arm with right bicep. Or left hand on student's left rib cage

## Client Keys

Rehearse transition smoothly moving back and forth from top to delivery

## Coach Keys

Guide more of a smooth, blended transition feeling the arms and body at a similar pace. Keeping arms slightly in front of the body.





# Coasting to finish

## Set up

Stand behind with hands on lower ribs

## Client Keys

Make a normal, but smooth stroke and I'll guide your rib cage into the finish.

## Coach Keys

Help guide the rib cage continued movement with speed through impact into finish. Can help guide slight extension as well as the pacing.





# Lead Arm Blocking

## Set up

Coach stands behind golfer's target side leg with hand measured to contact arm just above the elbow

## Client Keys

Make a normal swing, like I'm not here.

## Coach Keys

Keep pressure on tricep, just above the elbow joint, as the student moves into follow through position.





# Distance Wedge: Troubleshooting

Face on:

Centered pivot

Sway/slide/tilt

Constant radius

Arm bend

Shoulder connection

Wrist flip

Smooth force

Balanced body vs aggressive

Length of backswing

Length of follow through

Down the line:

Swing plane

Backswing

Downswing

Face rotation

Top of backswing

Finish

Loss of posture

Backswing

Finish

Finish position: Smooth force

# Distance wedge: Training goals

## 1. Basic shot – dial in mechanics

Lead leg or rhythm swings

Follow through check point

## 2. Stock Distances

Knee/Hip/Belly button

Stock distances (50, 75, 90)

## 3. Random distances

Random number generator

Ladders and reverse ladders

