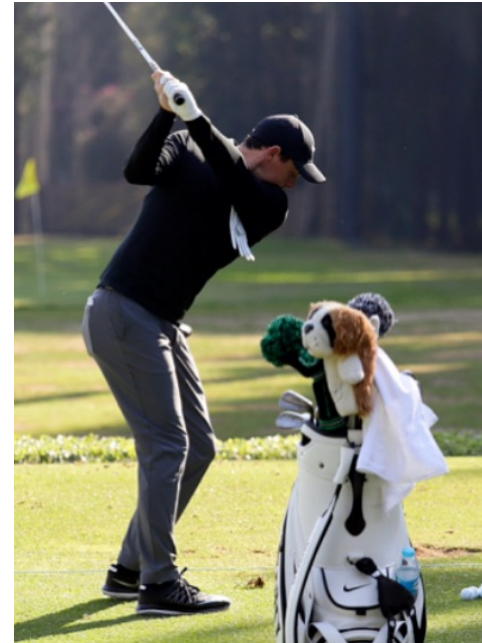


Tactile Coaching: January 2024 Full Swing Drills



1.0 Solid Iron Contact – Low Point

- Low point explanation – general shape of the swing
 - Solid contact
 - Low point spectrum
 - Shaft lean
- Low point drills
 1. 9-3, 10-2, Full
 2. Playing w/ low point
 3. Factors of low point
 4. Merry Go Round
 5. Push Ball
 6. Bonus
 1. Line Drill
 2. Follow Through Hold

1.0 Direction – Face to Path

- Path and face drills
 1. Face drill – toe/heel/square
 2. Trident
 3. Face awareness or Grip
 4. Four Square/Rulers/Spray -
 5. Gate Drills
 6. 3D Path Drills – Delivery Position
 7. 9 shot (or three shot) game

1.0 Driver vs Iron – Adjusting your swing

- Explanation of different clubs and swing goals
 - Circle vs ellipse – flat vs more v shaped
 - Low point location
 - Body vs Arms (cast vs load)
- Drills and stations
 - Iron – 2 tees
 - Driver – 3 tees
 - Tilt station – Ahead or behind
 - 4-Club Drills
 - Play the course on the range

1.0 Tempo/Power/Sequencing

- Explanation of tempo/sequencing and power
 - Power – Range of motion and total body usage
 - Ropes/Chains/Speed Sticks/Orange Whip/Etc
 - Pulse vs Force
- Drills and stations
 - 70/80/90
 - Legs
 - Arms
 - Balanced

2.0 Low Point training

Two core causes – pivot causes and arm causes. The arms can only work as well as the body and the body as well as the arms. My Favorite Low point drills

- **Combo Drills**

- 2 big factors are sternum and arm timing
 - Revisit MGR and Push Ball
- 2 Ball Drill – GG
- Stick Extender
- Low point line drill
- Split Grip drill

- **Transition Pivot – delivery position**

- Pump
- Delivery and Go

Arm Drills

Single Arm Drills

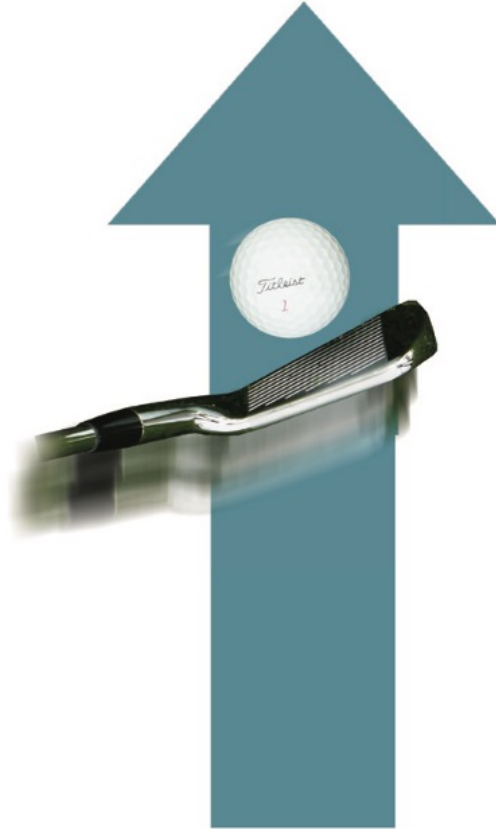
***Lead arm

Trail arm

Open Trail Hand

Straight Shots – Round 2

- Face to Path Drills
 - Motorcycle:
left or right (no slice)
 - Toe/Heel/Same
 - Grip Adjustments
 - Shaft lean



3.0 Low Point Troubleshooting

- Low Point Killers
 - Impact Line
 - High to low vs low to high
- Advanced single arm - Release vs flip
 - shadow/supported
- Early Extension
- Slide
- Hang Back
- Sequence issues - All Arms
- Arms Behind Body
- Video Analysis – break down the release

3.0 Straight Shot Troubleshooting

- Face to path – straight shot killers
- Too Much Right path
 - Steep early/shallow late
 - Hit my arms idea
 - Arms Behind Body
 - Slide
 - Rehinge wrists
- Too Much Left Path
 - Upper Body Spin (no axis tilt)
 - Arm Pull
 - Steep Release (no Ulnar)
 - Trail shoulder internal rotation
 - Lead wrist extension/trail flexion
- Face Killers
 - Palm Grip
 - Feeling the weight of the club in the shaft
 - Arm tension
 - Trying not to let the face rotate
- Video Analysis – breakdown the release

3.0 Driver vs Iron Troubleshooting

- Driver Killers and Iron Killers
- Low point shapes, V vs shallow arc
- Driver Killers (sequencing and path control)
 - Upper Body Dominant
 - Steep Problems
 - AOA (no tilt or ulnar)
 - Steep release (no ulnar)
 - Steep Arms (down or rotate left)
 - Open Face late
 - Under Rotated backswing
- Analyzing a video – Driver vs Iron
- Irons (low point and face control)
 - Scoop/flip
 - Chicken wing/elbow bend
 - Body Problems
 - Early Extension
 - Excessive tilt
 - Upper over right foot
 - Excessive path right or left

3.0 Tempo/Power Troubleshooting

- Tempo/Power Killers
- Arm Tension or tension in general
- Hit impulse too soon
 - Throwing
 - Rope Swings
 - Whoosh Drills
- Face too open/closed
- Path too steep or shallow
- Poor foot to ground
- Poor core
- Poor wrist
- Analyzing video – looking for sequencing

Putting Stroke: Key Drills

Stable suspension point vs drag

1. String/Ruler/Chalk line – start line
2. Chop Sticks
3. Lower Body Stability (stick/towel)
4. Wrist - Ball/Tee/Putt Master
5. Doorway tilt (Merry go round)
6. Putter Drop
7. Length of backswing training
8. Metronome
9. Stock Stroke – Distance adjustment
10. Putting Zones or 30-40-50



Hands On Stations

- Shoulder Tilt support (standing in front)
- Resisted Lower Body (standing behind)
- Shoulder blade/tricep feel – (standing behind)
- Elbow support (standing in front)
- Guided putter strike – (Standing straddle target line)

Finesse Wedge: Basic Stroke Drills

Goal 1: Solid Contact and circular shape

1. Posture (Stacked centers)
 - 3 Inch Tilt
 - Grip and set up
2. Keep the triangle (Constant radius)
 - Arms straight
 - Arm rotation
 - Open trail hand
 - Single arm drills
3. Pivot all together (Smooth force)
 - Abs/obliques/back vs arms/hands
 - Stable shoulders and wrists
 - Unhinge
 - Watch the armpits



Finesse Wedge: Key Drills

- Stacked
 - Axis Tilt Station
 - 2 Bucket Station
 - Set up Routine
- Radius
 - Triangle
 - Towel Drills
 - Single Arm Drills
 - Extreme Constant Radius
- Smooth
 - Rhythm brush swings
 - Finish focus
 - Tall
 - Handle Location
 - Body Turn
 - Toss the handle
 - Distance Control
 - Swing Length
 - Trajectory Set Up Station

Finesse Wedge: Hands On Training

- Ribs (stand behind)
 - Set up – stacked
 - Backswing
 - Extension/tilt through impact
 - Coasting to finish
 - Trail arm straight support (not pictured)
- Handle guiding (stand behind to the left)
 - Finish (no flip/roll)
 - Off hand can support the pivot

Distance Wedge: Key Drills

Triangle Swings

Towel Under Arms

Yoga Block Under Trail Foot

Backswing – Trail arm only

Single Arm Swings

Trajectory Gate

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)



Bunker Play: Drills

1. Set-up practice
 1. Nose over ball
 2. Butterfly
2. Line(s) - drill
3. Finish position training (in pocket)
4. Backswing training
5. Single arm shots (good players)
6. 9-iron practice (high soft shot)
7. Stab the sand
8. Wood Chopper



Bunker Play: Hands On Training

- Ribs (stand behind)
 - Set up – stacked
 - Backswing – stacked/less turn
 - Extension/tilt through impact
 - Resist spinning torso into finish
 - Staying Tall (not diving down)
- Handle guiding (stand behind to the left)
 - Narrow backswing
 - Stab the sand
 - Finish in the pocket
 - Left rotation
 - Face open
 - Hit for them (won't get much distance)