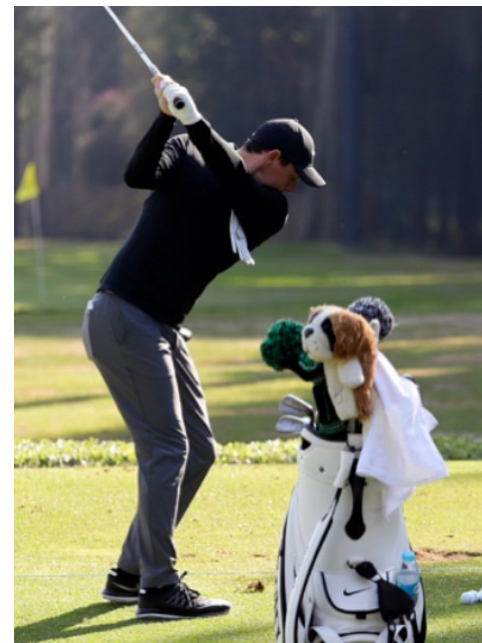


Tactile Coaching: January 2024 Full Swing Drills



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

Playing w/ low point

Set up

Set up a low point window, either two lines or a square

Client Keys

Primary focus on where the club bottoms out and for how long the flat spot is

Try and identify how they are controlling low point.

Primarily body or hands

Try and duplicate ground contact with and without a ball

Coach Keys

Remind golfer to take practice swings

Ask if focused on the ball, or the ground

Does it change with intensity?

Where does the ball go with better ground contact?

Do they change low point with wipe or with path

Primary Uses

Power – better sequence/tempo

Path – shallower path to get longer brush zone

Face – controlling face with rotation or in plane

Factors of Progression (layers of detail)

Identify if the golfer is duplicating the practice swing.

Release has a strong influence

Look for linear sternum movement, early extension, lunge etc



Factors of low point

Set up

Set up a low point window, either two lines or a square

Client Keys

Primary focus on where the club bottoms out and for how long the flat spot is

Try and identify how they are controlling low point.

Primarily body or hands

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Factors of Progression (layers of detail)

Identify if the golfer is duplicating the practice swing.

Release has a strong influence

Look for linear sternum movement, early extension, lunge etc



Push Ball – with or without coaches help

Set up

Impact position WITH the club in contact on the ball

Client Keys

Push the ball with pivot and shoulder motions, not hand actions

Coach Keys

Watch the axis tilt/forward lunge.

Watch the forearm alignment and trail arm straightening.

Watch the ulnar deviation

Feel the direction the student pushes

Primary Uses

Power – sequencing – no forward lunge, late trail arm, motorcycle/supination

Path – Follow through path trainer

Face – Impact with shaft lean and square face

Factors of Progression (layers of detail)

Use higher lofted clubs

Try to throw it as far as possible



Merry Go Round

Set up

Place a club across your shoulders and set up to a golf ball with normal ball position.

Client Keys

Rotate your body to impact position. Hips forward, back shoulder pointing at around target line. Then place your hands in your correct impact position

Coach Keys

Monitor key details of the impact position:

- Monitor the shaft vertical shaft position
- Monitor the forearm alignment
- Monitor the direction force would be applied
- Monitor the upper body bracing with hip extension

Primary Uses

Power – Helps to create a better flat spot because of improved sequencing and trail arm timing

Path – Helps to create a better low point

Face – Helps identify face control with shaft lean

Factors of Progression (layers of detail)

Use this as a reference to compare to actual swings. Start with 9 to 3 and work for full swings. Use video or feel to confirm how well student felt the difference.

On a scale of 1-10, what would you give your body position or arm timing. What would make it a 10?



Face Spray for impact location

Set up

Spray your club face with Dr. Sholl's Foot Spray (zinc)

Client Keys

See if you can influence contact location to be more in the center.

Coach Keys

Remind the client to check impact location each swing.

Primary Uses

Power – can work with any power source

Path – can work with any path

Face – when face control gets off – either because of a pivot or arm move

Factors of Progression (layers of detail)

Challenge the student to change the impact location. Start big and work to subtle.

Can be a replacement for the shank gate



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

Heel Toe Awareness

Set up

Impact bag or coach's foot. Start with 9-3.

Client Keys

Focus on what part of the club strikes first (the toe side or the heel side)

NOT where impact location was on the club. Impact should be in the center. Instead, focus on the orientation of the face at impact.

Coach Keys

Keep asking, "was that the toe side, heel side, or same/photo finish"

Primary Uses

Power – less "hand hit" down at the bottom

Path – can work with any path, but great for right-path with closed-face

Face – controlling face with rotation regardless of path (motorcycle)

Factors of Progression (layers of detail)

Challenge the degree of face closing, not just the simple classification.

Work up to a longer backswing or more intense downswing.



Visual Impact Drill

Set up

Hold the club out in front of you to focus on the change in shaft rotation from set up to impact.

Client Keys

Use forearm rotation to rotate the face approximately 30 degrees. Compare to set up.
Then, complete the drill in golf posture. This time, once you have the face closed, rotate your body to impact to fix the face alignment to the target.

Coach Keys

Watch for too much shoulder movement instead of forearm movement. Monitor the forearm alignment as a good reference.
In golf posture – watch for lowering the handle when they move to impact position
Watch for a forward lunge.

Primary Uses

Power – builds the skill for more lag and body power
Path – helps build the skill to allow for a shallower path
Face – recognizing the face to path change desired.

Factors of Progression (layers of detail)

Refine which hand is controlling the rotation
Refine the impact position and the direction force is being applied to the grip



Motorcycle or Grip

Set up

Control the face to path relationship with either a set up change or the motorcycle movement

Client Keys

Try to create the rotation you felt in the visual impact drill. This can either be done during the backswing or during transition.

Your one feedback to pay attention to is the amount of right-to-left curve.

Coach Keys

Watch for steepening the shaft instead of face rotation.

Watch for arm tension

Watch for early arm timing

Watch for a complimentary body position (limited stand up and turn)

Primary Uses

Power – builds the skill for more lag and body power

Path – helps build the skill to allow for a shallower path

Face – recognizing the face to path change desired.

Factors of Progression (layers of detail)

The timing of the rotation.

The rate of rotation

Blending the flexion into the supination

Varying path and rotation amount



Four Square

Set up

Draw a grid on the ground with one line pointing at the target. Use spray, a line carved in the ground, or rulers to create the four boxes.

Client Keys

Pay attention to the path of the club as it relates to both the target line and the 4 boxes. Either vary the path or try to recreate the same path

Coach Keys

Try to identify how they change the path. Which dominant move has the greatest impact on their path.

Primary Uses

Power – can be used to show how swinging harder changes their path

Path – great spatial awareness visual aid for dialing in their path

Face – can reveal golfers who change their path more than their face

Factors of Progression (layers of detail)

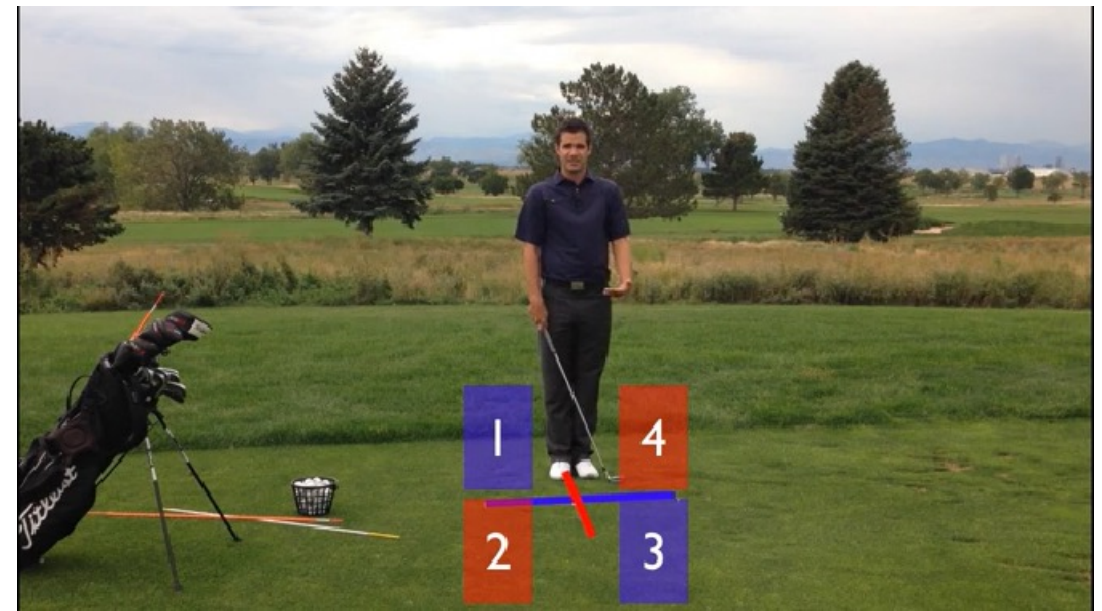
9 to 3 version

Combo with motorcycle

10 to 2 or full swing version

Varying clubs

Can be combined with almost any mechanical focus to relate mechanics to path skill



Gate Drills

Set up

Use headcovers, towels, or any other soft object to create a path barrier. The two most common are outside-in or inside-out barriers.

Client Keys

A compliment to the four-square drill. Instead of using negative space, this drill uses positive space. Can be helpful for golfers who struggle with a simpler visual.

Coach Keys

Use the straight lines of the headcovers or towel to help aid the visual of the path. Narrow in each obstacle as needed.

Observe what the golfer uses to adjust the path.

Primary Uses

Power – can highlight when swinging harder creates path problems

Path – primarily a path trainer

Face – can highlight how a golfer changes path instead of the face

Factors of Progression (layers of detail)

Include low point control or face control

Test the skill at various tempos

Combo with target awareness



3D Path Drills

Set up

Use foam noodles on tripods or alignment sticks to create path visuals at shaft parallel in downswing or follow through. Noodles can be horizontal, vertical, or parallel to the desired plane.

Client Keys

Swing without hitting the pool noodles.
Identify your key movements for controlling the path better.

Coach Keys

Monitor body or arm adjustments by golfer
Recognize the face-to-path pattern driving the path
Monitor arm tension preventing shallowing in downswing or width in follow through

Primary Uses

Power – identify if power moves cause golfer to lose path
Path – help create better map of path earlier in downswing or later after impact
Face – trains the path, but challenges face-to-path control

Factors of Progression (layers of detail)

Duplicate same ball flight or contact away from the station as in the station.
Vary how much the golfer changes the path based on their key path controlling movements



9 shot (or three shot) game

Set up

Learn to adjust face-to-path and path for different shot shapes

Client Keys

Hit 3 shots (draw – straight – fade) or
Hit 9 shots (low – medium – high for each curve. draw – straight – fade for each height)
Try to use as few shots as possible to complete the game

Coach Keys

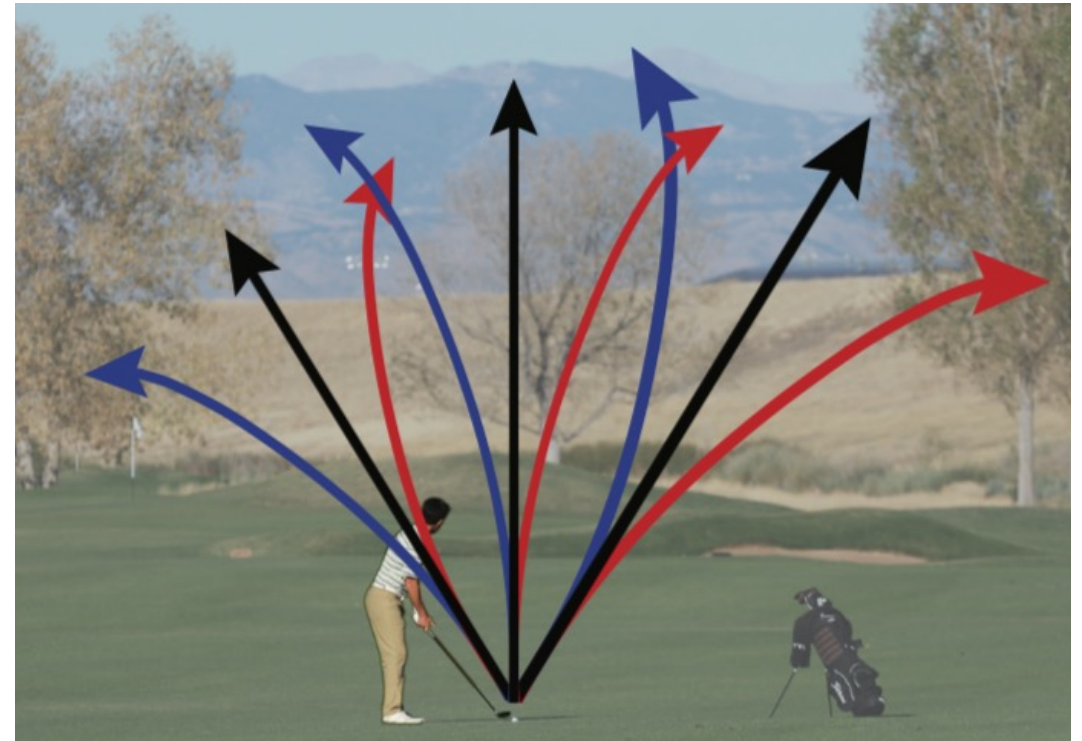
Monitor solidness of contact with each shot.
Identify if golfer prefers set up or swing changes to accomplish curve and height

Primary Uses

Power – relating power to path
Path – dialing in their unique path feels
Face – dialing in their unique face-to-path feels

Factors of Progression (layers of detail)

Different clubs
Different targets
Call it in the takeaway
Tic-Tac-Toe competitive version



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

Iron – 2 tees

Set up

Set up with 2 tees very low to the ground about 2 inches apart. Place the golf ball on the first tee, try to strike the second tee after striking the ball.

Client Keys

Learn to get a longer brush location. Focus on arm extension amount and timing or chest location to control low point.

Coach Keys

Monitor forward lunge.
Monitor path changes (more outside in)

Primary Uses

Power – minimizing early extension or forward lunge as power source
Path – shallower path to get longer brush zone
Face – controlling face with rotation or in plane

Factors of Progression (layers of detail)

Longer swings
More intense swings
Different clubs or targets
Duplicating practice swings



Driver – 3 tees

Set up

3 Tees in the ground. Approximately 6 inches behind and 3 inches forward

Client Keys

Try to keep a more consistent height of the club head to the ground. Aim for the club to be close to the height of the ball for as long a window as possible.

Coach Keys

Monitor side bend and axis tilt to create the flat spot (could use head awareness pool noodle)

Monitor arm extension timing, especially when swinging harder

Monitor outside in path (could be lower body staying behind the ball as well)

Primary Uses

Power – power patterns that allow for flat spot – limited stand up or lunge

Path – shallower path to get longer brush zone

Face – controlling face with shaft rotation

Factors of Progression (layers of detail)

9 to 3

10 to 2

Full swing

With or without a ball

Feeling the body lead or the arms guide



Fairway woods – brush vertically

Set up

Using the line drill to identify brush location for the fairway wood. Error on using the bottom of the fairway wood like bounce.

Client Keys

Use a line or tee to identify where the club strikes the ground. Focus on hitting the “back wheels first”. This requires hitting the ball close to the bottom of the swing with minimal flip.

Coach Keys

Watch for forward lunge or early arm timing.
Watch for path dramatically in-to-out or out-to-in.
Watch for scoop style release.

Primary Uses

Power – less flip at the bottom

Path – shallower path to get longer brush zone

Face – controlling face with earlier face rotation

Factors of Progression (layers of detail)

Use as a way to improve wipe with good axis tilt

10 to 2 and work up to full swings

Hold the follow through position – isolates loss of posture or poor wrist ulnar deviation



4 Club Drills

Set up

Grab four clubs – one from each quadrant of the bag. Can't hit the same club twice.

Client Keys

Use pre-shot routine, choose different targets and respond to feedback for each shot.

Notice if a pattern emerges as to which club you struggle with the most.

Coach Keys

Create scenarios for the student.

Avoid rapid fire practice – create enough time between shots

Choose non “stock” shots for each swing

Primary Uses

Ability to use pre-shot routine to dial in a feel for each club prior to execution.

Factors of Progression (layers of detail)

Challenge one club by hitting it once every 10 balls or so (great for challenging driver or wedge).

Monitor shot dispersion (fingers or yards)

Pick specific distances as well as targets



Play the course on the range

Set up

Use your visualization skills to practice on the range as if you were on the course

Client Keys

Focus on creating a clear “play box” for each shot and evaluate how well you stay clear in each play box. Choose a specific shot each time you execute.

Coach Keys

Give them scenarios.
Challenging lies if they hit a bad shot (test the recovery game)
Monitor changes in pre-shot routine or tension levels over the ball.

Primary Uses

Ability to use pre-shot routine to dial in a feel for each club prior to execution.

Factors of Progression (layers of detail)

Great for preparing for a tournament or important event – build familiarity with a course
Great for adding natural variability to practice



Jackson 5 Drill

Set up

Club across your hips, holding the club firm to your thighs with your thumbs

Client Keys

While keeping your upper body centered, try to shift your pelvis to your front foot. Using your hips. Your spine should stay as straight as you can.

Coach Keys

Watch for rotation toward the target.
Watch for an upper body lunge.

Primary Uses

Power – Getting the lower body bump before rotation. Improving lower body power contribution.

Path – Moves the path more in-to-out (shallow).

Face – Delays face closing for some (hits earlier in the arc), encourages it for others (shallow early allows better supination late).

Factors of Progression (layers of detail)

Connect the foot motion to the hip motion

Complete the Jackson 5 move from a top of back swing position (adding rotation).

Add the rest of the downswing by completing some pelvis rotation after the shift.



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

70/80/90

Set up

Work on tempo on the range to identify your “stock” tempo

Client Keys

Establish a baseline tempo. Then swing at 80% “maximum” effort. Hit 5 balls and pay attention to the resulting distance and dispersion.

Repeat with 90%, 100%, 80%, and 70%. Can go as low as 50%.

If elite, then try the same with 75%, 80%, 85%, 90% to zero in on your optimal pattern.

Coach Keys

Help them see what tempo produces the best results

Help them identify their trigger to a faster tempo.

Help them identify what happens when they swing easy.

Help them incorporate tempo into their pre-shot routine.

Primary Uses

Power – relate their tempo to power source AND timing of force

Path – shallower path may feel slow

Face – relate face control to tempo. Work on RATE of closing

Factors of Progression (layers of detail)

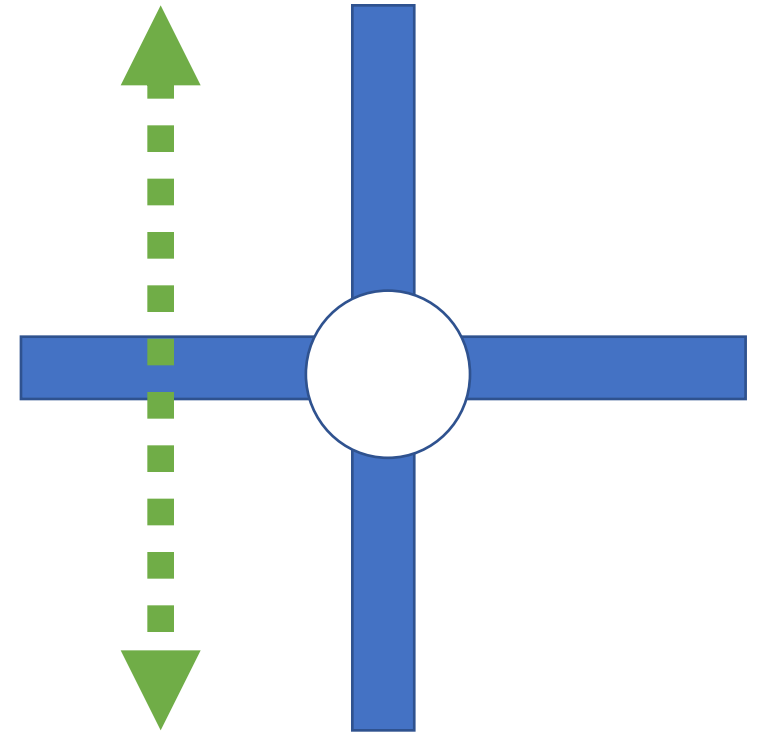
Legs/Arms/Balanced – can also train swinging more from different body parts. This is useful for different clubs, different slopes, or when your swing gets off.

Some golfers prefer the sound of a Metronome/Tour Tempo



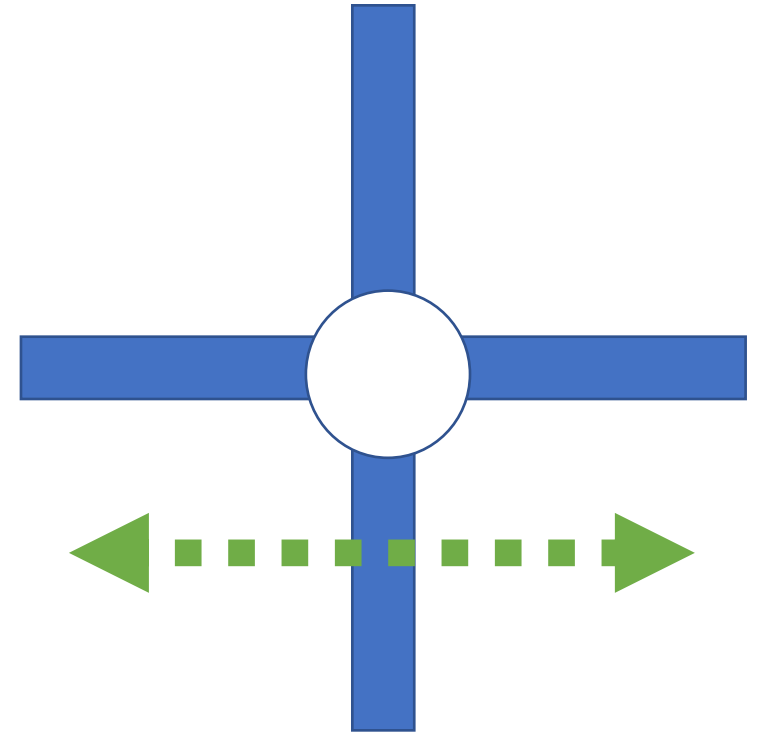
2.0 Low Point

- Relate Low Point to body movements
 - Low point grid
- Forward
 - Outside In Path
 - Wipe
 - More open body
 - More body flexed forward
 - More lag later arms
 - Trail wrist extension/lead wrist flexion/supination
- Backward
 - Side tilt (Jackson 5)
 - Early Extension
 - Scoop
 - Club Behind (lag, shallow arms)
 - Unhinge



2.0 Low Point

- Relate Low Point to body movements and power
 - Low point grid
- Toe
 - Stand up
 - Arm Bending
 - Outside-in path
 - Weight into heels
- Heel
 - Head into the ball
 - Weight into toes
 - Inside-out path
 - Trail arm straightening early



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

Single Arm Drills

Set up

The number one drill series to developing a strong release for sub 10 HCP golfers

Client Keys

Try and duplicate contact and ball flight on 9 to 3 shots performed with either right or left arm. If I removed your body, the club should be in the same place and time regardless of which arm is swinging.

Coach Keys

The lead wrist keys are ulnar deviation, supination, and connecting the movement to the pivot.

The trail wrist keys are shaft rotation (motorcycle) and the wipe.

Primary Uses

Power – Power from the body while controlling face
Path – Controlling low point with body powered swing
Face – Face control with arm movements

Factors of Progression (layers of detail)

Isolated ulnar deviation
Isolated motorcycle
Isolated arm connection for lead arm
Follow through position keys
 Finish posture
 Finish arm connection
 Finish with club lower than hands and pointing at lead shoulder



Open Trail Hand

Set up

One of the key anti flip drills

Client Keys

Take your normal grip, then open your trail hand keeping the index finger connection with the club.
Maintain that connection throughout the swing

Coach Keys

Look for early motorcycle
Look for good wipe movement of trail arm
Look for supination of the lead wrist through impact to follow through
Look for body stall contributing to flip approaching impact.

Primary Uses

Power – better sequence/tempo

Path – shallower path with unhinge instead of flip

Face – squaring the face with shaft rotation

Factors of Progression (layers of detail)

$\frac{3}{4}$ swings

Hitting it harder and fuller finish

Combo with good side bend to encourage a wipe



2 Ball Drill – GG

Set up

Place a golf ball 8 inches behind the intent ball.
Perform 9 to 3 drill missing the distraction ball.

Client Keys

Try to make solid contact on a 9 to 3 drill. Use the distraction ball to help visualize a wipe with a later release

Coach Keys

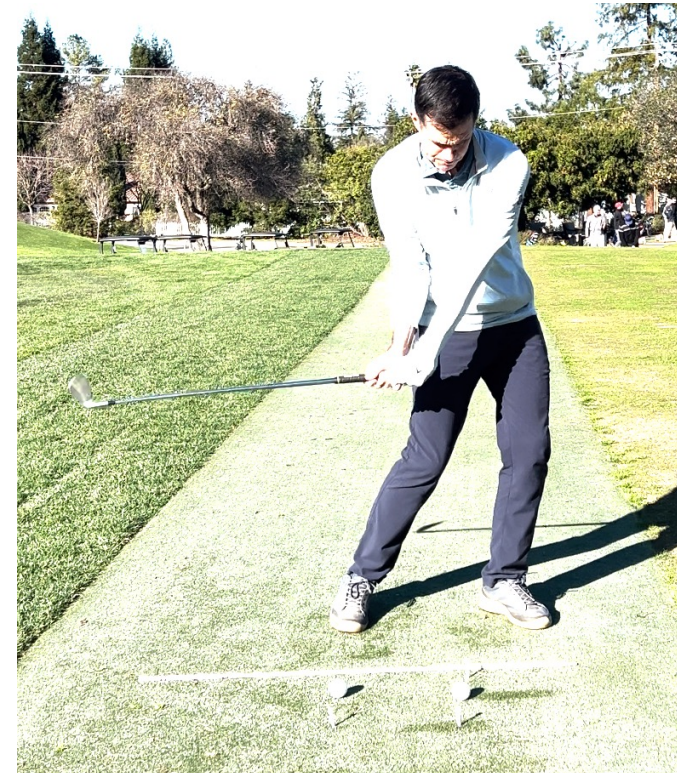
Monitor if they are swinging around the ball with an outside in path.
Monitor if they are lunging forward with their upper body
Monitor if they are swinging all arms or using the body

Primary Uses

Power – better wipe and later release
Path – better low point control for irons
Face – better face rotation to square the face

Factors of Progression (layers of detail)

Challenge golfer to use same pattern but hit up on a driver
Work to longer swings
Duplicate same flight and contact without the distraction ball



Split Grip

Set up

Use a hockey grip with your bottom hand as far down the grip as possible

Client Keys

Use the movements you trained in the single arm releases to feel an active release pattern that doesn't flip the wrists. Check your finish position each rep.

Coach Keys

Monitor finish position – club below hands

If they hit it fat:

- monitor the wipe vs flip
- monitor the upper body lunge or spin
- monitor the arm extension timing

If they hit it thin:

- monitor the early extension
- monitor the trail wrist extension in finish
- monitor the lead arm shrug

Primary Uses

Power – better wipe and later release

Path – better low point control for irons

Face – better face rotation to square the face

Factors of Progression (layers of detail)

Reduce the distance between the hands

Duplicate same look with a normal grip

Work to longer swings



Push Ball – with or without coaches help

Set up

Impact position WITH the club in contact on the ball

Client Keys

Push the ball with pivot and shoulder motions, not hand actions

Coach Keys

Watch the axis tilt/forward lunge.

Watch the forearm alignment and trail arm straightening.

Watch the ulnar deviation

Feel the direction the student pushes

Primary Uses

Power – sequencing – no forward lunch, late trail arm, motorcycle/supination

Path – Follow through path trainer

Face – Impact with shaft lean and square face

Factors of Progression (layers of detail)

Use higher lofted clubs

Try to throw it as far as possible



Merry Go Round

Set up

Place a club across your shoulders and set up to a golf ball with normal ball position.

Client Keys

Rotate your body to impact position. Hips forward, back shoulder pointing at around target line. Then place your hands in your correct impact position

Coach Keys

Monitor key details of the impact position:

- Monitor the shaft vertical shaft position
- Monitor the forearm alignment
- Monitor the direction force would be applied
- Monitor the upper body bracing with hip extension

Primary Uses

Power – Helps to create a better flat spot because of improved sequencing and trail arm timing

Path – Helps to create a better low point

Face – Helps identify face control with shaft lean

Factors of Progression (layers of detail)

Use this as a reference to compare to actual swings. Start with 9 to 3 and work for full swings. Use video or feel to confirm how well student felt the difference.

On a scale of 1-10, what would you give your body position or arm timing. What would make it a 10?



Transition

Pump – watch or “listen” with your hands

Set up

Rehearsing the transition moves between top of the backswing and delivery position.

Client Keys

Try to initiate the movement with the lower body, hips, and core. Focus on keeping the arms relaxed. The arms should respond to the movement of the body. They will start the arm shallowing as the legs start pulling on the club.

Coach Keys

Look for early arm action or early arm timing.
Look for a lateral weight shift when pumping back into the trail ankle.
Look for steepening of the trail arm.
Look for the trail elbow getting too far behind the body.
Look for a forward lunge or upper body spin.
Look for early extension or weight going too much into the toes.

Primary Uses

Power – better sequence and softer arms in transition
Path – shallower arm movements
Face – early motorcycle

Factors of Progression (layers of detail)

Arms – shallowing from the lead forearm or trail shoulder?
Motorcycle or increased extension
Ulnar deviation or increased radial deviation
Body – trail leg push or upper body fall
Transition crunch or early extension?
Upper body spin or shoulder blade floating?
Progress to hitting balls with varying speed



Delivery and Go

Set up

Start from delivery position and move to follow through position with the ball getting in the way

Client Keys

Minimize the loading backward before swinging to follow through. Avoid hitting the ball with your hands/wrists, try to hit it more with the arms and the body.

Coach Keys

Watch the path steepening.
Watch that they have enough weight shift to start the movement
Watch for enough side bend and lead leg straightening to bring the arms through.
Watch for enough of a wipe move to avoid fat contact.
Watch for shaft rotation to prevent a right shot

Primary Uses

Power – Less arm flip at the bottom
Path – shallow from side bend with late arm extension
Face – need face rotation to complement the shaft lean guaranteed with the set-up position

Factors of Progression (layers of detail)

Alternate with the pump drill to improve the ability to handle “the corner”
Can combo with the GG 2 Ball drill



Open Trail Hand

Set up

One of the key anti flip drills

Client Keys

Take your normal grip, then open your trail hand keeping the index finger connection with the club.
Maintain that connection throughout the swing

Coach Keys

Look for early motorcycle
Look for good wipe movement of trail arm
Look for supination of the lead wrist through impact to follow through
Look for body stall contributing to flip approaching impact.

Primary Uses

Power – better sequence/tempo

Path – shallower path with unhinge instead of flip

Face – squaring the face with shaft rotation

Factors of Progression (layers of detail)

$\frac{3}{4}$ swings

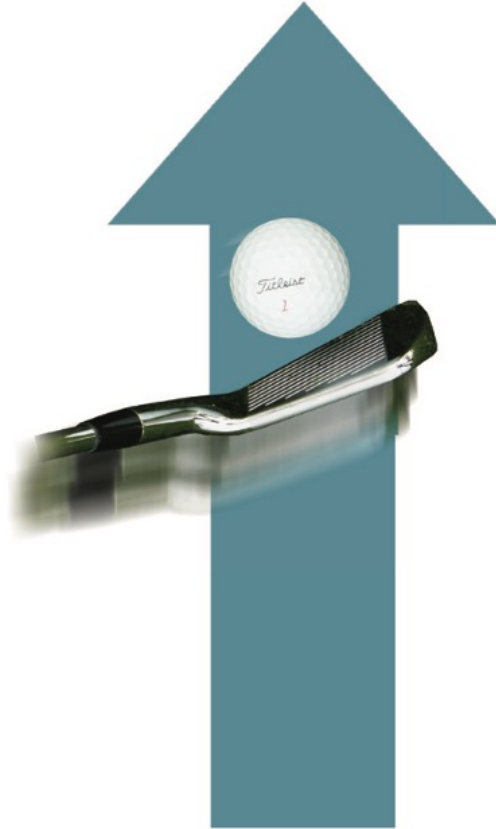
Hitting it harder and fuller finish

Combo with good side bend to encourage a wipe



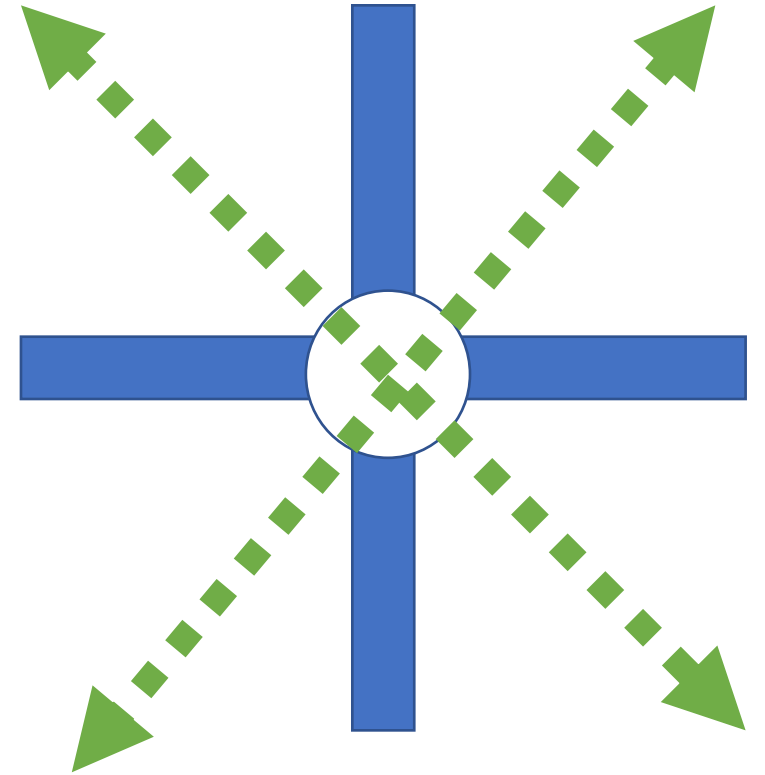
Straight Shots – Round 2

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



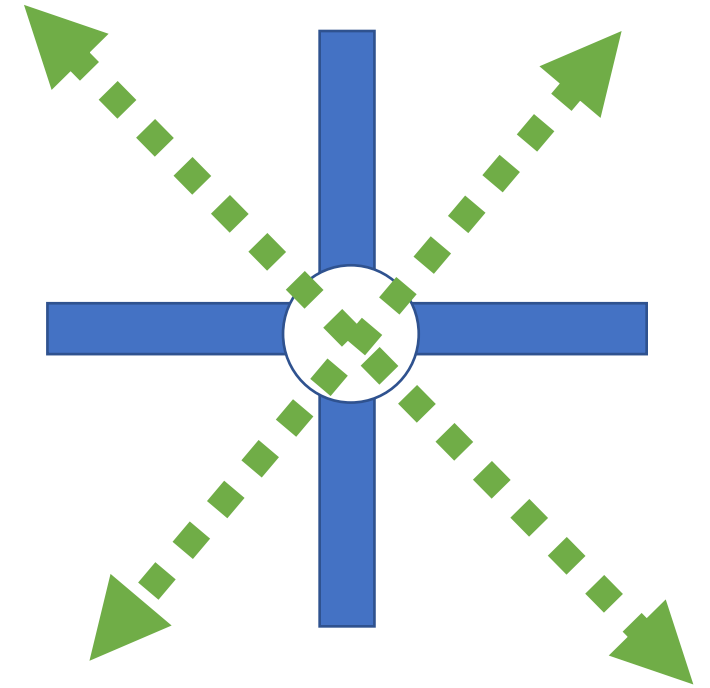
2.0 Straight Ball Flight

- Path right – Path right or hitting earlier on the arc
 - Side tilt
 - Shoulders closed to torso
 - Spine Extension
 - Arm Shallow
 - Arm Lift
 - Weight forward
 - More shaft lean
- Path left – Path left or hitting later in the arc
 - Chop/flip stall
 - No shaft lean
 - Upper body spin
 - Upper body cover



2.0 Straight Shots

- My Favorite rightward path drills
 - Dial in delivery position and follow through position
 - Trail arm shallow
 - Unhinge
 - Follow through arm extension
 - Head on a pillow
- My Favorite leftward path drills
 - Maintaining posture
 - Body rotation
 - Steep early/shallow late



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

Transition

Motorcycle – left or right (no slice)

Set up

Work on flexing the lead wrist or extending the trail wrist to rotate the face closed

Client Keys

If we are going to rotate the face as we saw in the visual impact drill then we need to practice when to execute the rotation. This movement ideally begins early in transition

Coach Keys

Watch for steepening the shaft with more of a lead arm pronation instead of flexion.
Watch for no body movement
Watch for the rate of motorcycle, make the movement constant and gradual

Primary Uses

Power – supports body power

Path – supports a shallower arm path

Face – practice the timing for the more common face rotation pattern

Factors of Progression (layers of detail)

Use the motorcycle movement for solving a slice or creating shaft lean.

Get used to the movement with 9 to 3 preset drills and then work to more dynamic and longer movements.

Can combine with four square to connect face and path.



Heel Toe Awareness

Set up

Impact bag or coaches hand. Start with 9-3.

Client Keys

Focus on what part of the club strikes first (the toe side or the heel side)

NOT where impact location was on the club. Impact should be in the center. Instead, focus on the orientation of the face at impact.

Coach Keys

Keep asking, “was that the toe side, heel side, or same/photo finish”

Primary Uses

Power – less “hand hit” down at the bottom

Path – can work with any path, but great for right-path with closed-face

Face – controlling face with rotation regardless of path (motorcycle)

Factors of Progression (layers of detail)

Challenge the degree of face closing, not just the simple classification.

Work up to a longer backswing or more intense downswing.



5 Degree Grip Adjustments

Set up

This can be used to dial in a ball flight when the swing feels good, but the curve isn't as you'd like. Use this when face control training is too frustrating.

Client Keys

Try not to change the swing, but use set up changes to dial in your ball flight.

Coach Keys

Provide feedback as to if the student has changed the path.

Watch from face on to help provide feedback if they adjust the grip just before takeaway.

Watch for the student to fight the grip change. For example, if they don't rotate the face, they may avoid rotating the face even more.

Primary Uses

Power – can be used with any power sources

Path – can be used with any path

Face – isolating face control with set up changes

Factors of Progression (layers of detail)

Change clubs and targets.

With woods, try to read ball flight independent of gear effect.



Path check points

Set up

Work on your special awareness of the path of the club.
Use an alignment stick on the ground or a pool noodle to help define the target space.

Client Keys

Use some visual feedback near delivery or follow through position to dial in your path awareness.

Coach Keys

Hold a stick or pool noodle to help define delivery position path. Or set up a pool noodle or stick to help define follow through path.

If they struggle, focus on the side that they are not paying attention to.

Relate to low point if a new miss pattern arise.

Primary Uses

Power – relating power source to the path of the club

Path – shallow delivery path to right path follow through or vice-versa

Face – provides path feedback making face the main ball flight variable

Factors of Progression (layers of detail)

Different clubs

Different targets

Duplicate contact or ball flight without the feedback station



Set up - Trident

Set up

Set up 3 sticks to indicate straight, inside-out or outside-in. Aim for approximately 10 degrees in-to-out or out-to-in sticks.

Client Keys

Change set up more open or closed to create the path change. Adjust the face at set up to help control the amount of curve.

Coach Keys

Watch for unconscious swing changes to fix the path. Help the student adjust ball position forward or backward to control solid contact. Relate how that effectively changes the path or face.

Primary Uses

Power – any

Path – set up changes only

Face – adjust face with grip changes to match set up change

Factors of Progression (layers of detail)

Trident uses the positive lines instead of the negative space (four square). Some people prefer that visual.

It can also be used as a path training station with a neutral set up instead of a set up training station.



Tilt to shift the path

Set up

Use the amount of hip tilt at set up to help move the path more in to out.

Client Keys

Use your chest location to help control the path.

Coach Keys

Can be combined with the trident or the four square station

Use an alignment stick held across the shoulders to help visually calibrate to path

Primary Uses

Power – Limits upper body lunge

Path – Shallow the path more with a set up change

Face – can work with either

Factors of Progression (layers of detail)

Best with used with driver, 3 wood or long irons.

Can use short irons to help show how this move has a problem effect on short clubs.



Arm Shallowing:

Solo or with coaches help

Set up

Experiment with shallowing the path of the club more from arm movements.

Client Keys

Use the two major arm shallowing movements to change the path of the club from steep to shallow.

Coach Keys

If student hits it right, remind student that shallow movements open the face.

If student needs visual help, use a stick or pool noodle to help define the space better.

Identify which of the two major shallowing movements (lead arm pronation, or ulnar deviation)

Watch for forward lunge

Watch for early side bend

Primary Uses

Power – softer arms and more body power in transition

Path – shallower path

Face – need face rotation to balance the opening from shallowing

Factors of Progression (layers of detail)

Can rehearse the arm shallowing with a pump drill or slow-motion drill

Work to full speed and different clubs



Wipe (anti-hook drill)

Set up

One of the key movements that blends the transition into the release

Client Keys

Use energy around your body to keep the elbow more in front of your chest. This helps allow for side bend and a longer flat spot. This move also creates more shaft lean which helps prevent over closing the face

Coach Keys

Look for trying to move the club head forward instead of the elbow
Monitor forward lunge
Monitor isolating the arm movement and not using the lower body

Primary Uses

Power – body power through the corner

Path – this move steepens the path, it requires side bend and arm shallowing to balance it out

Face – opens the face

Factors of Progression (layers of detail)

One of the versatile moves for elevating a swing

Helps with low to high release drills

Helps with linking rope training to the swing

Helps with arm timing and sequence being more out in front of impact.



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