

Tactile Coaching:  
January 2024

Full Swing Analysis

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# The Full Swing: Stock Progression

1. Low point (solid contact)
2. Direction (straight, curve control)
3. Driver vs Iron (adjusting your swing)
4. Tempo/Sequence (far)

This progression works in clinics, progressive classes (8 weeks for example) or individual programs

# 3 Hour Clinic

*Consistent Golf Clinic/Ball Striking Mastery/Foundations of a Consistent Swing/Solid Contact Class*

Intro PPT:

General shape of the swing

Specific goals of the bottom of the swing

- Contact ball in sweet spot
- Brush ground
- Face to path relationship
- Face to target relationship

Centered Pivot and Kinematic Sequence

How we control the bottom of the swing?

Drills

What should impact and follow through look like?

- MGR
- Jackson 5
- Push Ball

How do we get there?

- 9 to 3
- Single arm releases

How do we get there in a full swing?

- Centered pivot to follow through
- Transition
  - Delivery Position
  - Motorcycle
  - Revisit Jackson 5
  - Pump Drill

Optional (I almost always do this): how do we adjust for specific clubs

- Driver
- Iron
- Hybrids
- Fairway woods

# 8 Week Class

## The Weekly Class

(90-minute template – 8-week programs)

*Consistent Golf Development/Biggest Loser/ Golf Bootcamp/ Golf Mastery Program*

	Full Swing	Short Game
Class 1	Low Point	Wedge Contact
Class 2	Trouble shooting low point	Putting Face
Class 3a	On Course Low Point Game	
Class 3b	Low Point with Target/Preshot	Pre/Post Shot Routine
Class 4	Face to Path	Wedge Trajectory
Class 5	Troubleshooting Face to path	Bunker
Class 6a	On Course Face to Path Game	
Class 6b	Uneven Lies	Wedge Distance Control
Class 7	Power/Tempo	Putting Speed Control
Class 8	Driver or Distance Wedges	Green Reading

# 8 Week Class Additional Ideas

## \*\*\*On course low point games\*\*\*

Low point scoring - A

Practice swing vs real low point comparison

## \*\*\*On course path games\*\*\*

Straight ball/Curve ball – A

## \*\*\*On course other games\*\*\*

3 – Club – students favorite

In Position

14 Fairways

X Missed Green

## \*\*\*Optional class ideas\*\*\*

Course management

Uneven lies

Play on course games

Stretching or fitness

Club fitting

Distance Wedge Matrix

Flop shot

Mental game – managing stress, building confidence,  
how the brain learns movement

# Low Point Skills Overview

- 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 Solid Contact: Low Point Theory

- Solid contact “skill” is low point control
  - Swing Shape
  - Low Point Line
  - Depth
  - 3D Location (toe/heel)
- Two main factors
  - Body position
  - Arm use and timing



# 1.0 Direction – Face to Path

## Explanation of ball flight – 2 key variables

- Face – start line
- Face to path – curve
- Relate to low point and arc travel
  - Deloft is face closed to path and hit earlier on the arc

## Ball flight questions to ask yourself.

- Did it curve? If yes, how much?
- Where did it start?



# 1.0 Direction – Face to Path Drills

1. Face drill – toe/heel/square
2. Trident
3. Curve with 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

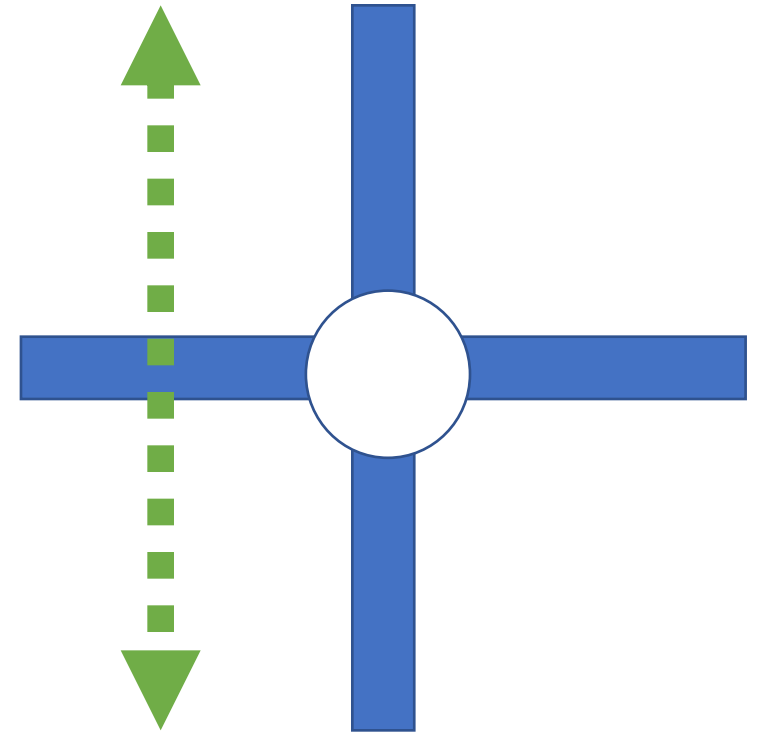
- Explanation of different clubs and swing goals
  - Circle vs ellipse – flat vs more v shaped
  - Low point location
  - Body vs Arms (cast vs load)
- Drills and stations
  - Iron – 2 tees
  - Driver – 3 tees
  - Tilt station – Ahead or behind
  - 4-Club Drills
  - Play the course on the range

# 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

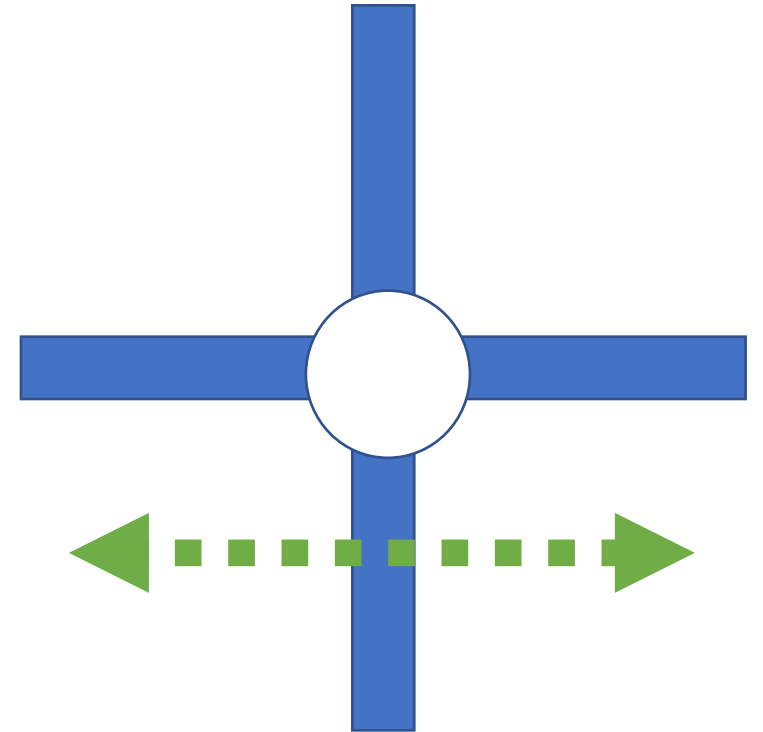
# 2.0 Low Point/Solid Contact

- 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/Solid Contact

- Relate Low Point to body movements and power
  - Low point grid
- Toe
  - Standing up
  - Arm Bending
  - Outside-in path
  - Weight into heels
- Heel
  - Head into the ball (down or out)
  - 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

## Transition Pivot – delivery position

- Pump
- Delivery and Go

## Arm Drills

Single Arm Drills

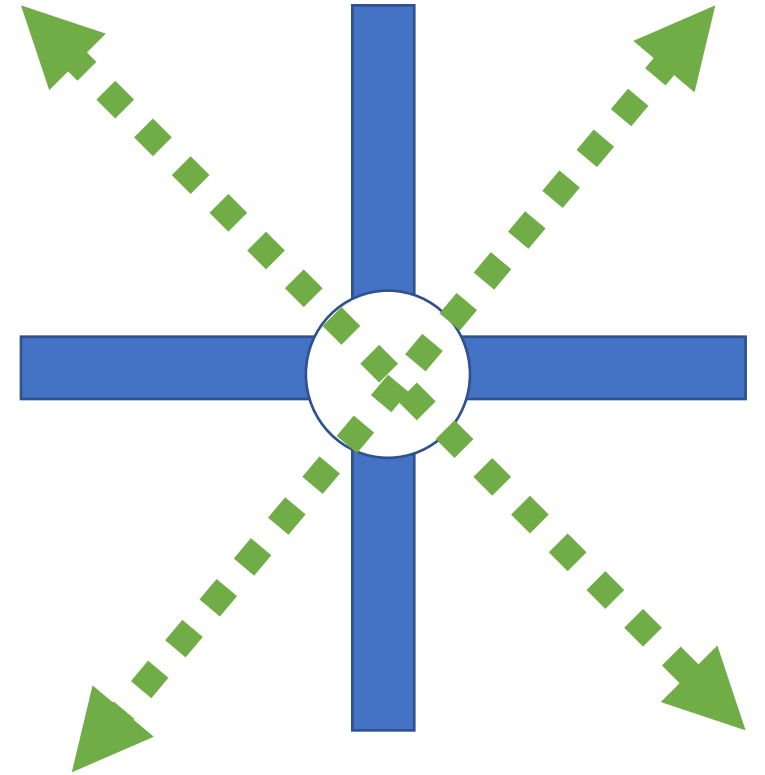
\*\*\*Lead arm

Trail arm

Open Trail Hand

# 2.0 Straight Ball Flight

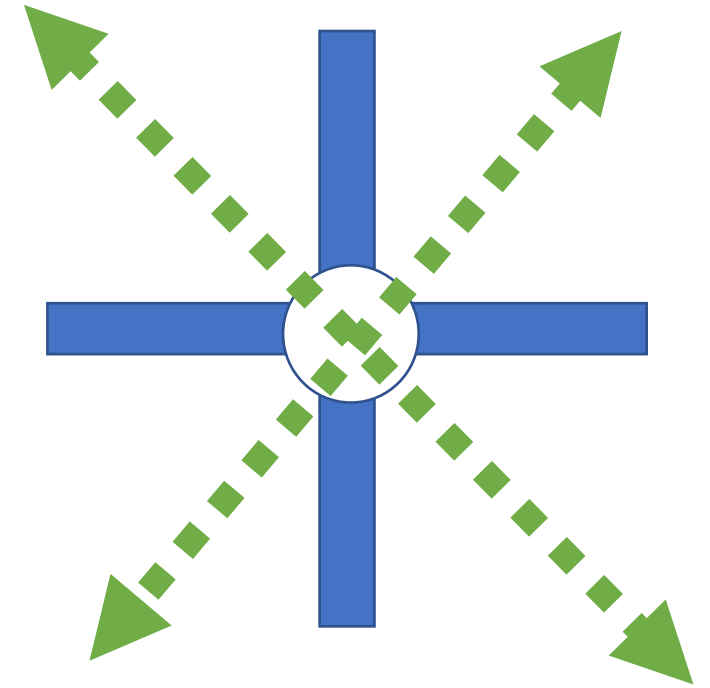
- Path right – Path right or hitting earlier on the arc
  - Side tilt
  - Shoulders closed to torso
  - Spine Extension
  - Arm Shallow
  - Arm Lift
  - Weight forward
  - More shaft lean
- Path left – Path left or hitting later in the arc
  - Chop/flip stall
  - No shaft lean
  - Upper body spin
  -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

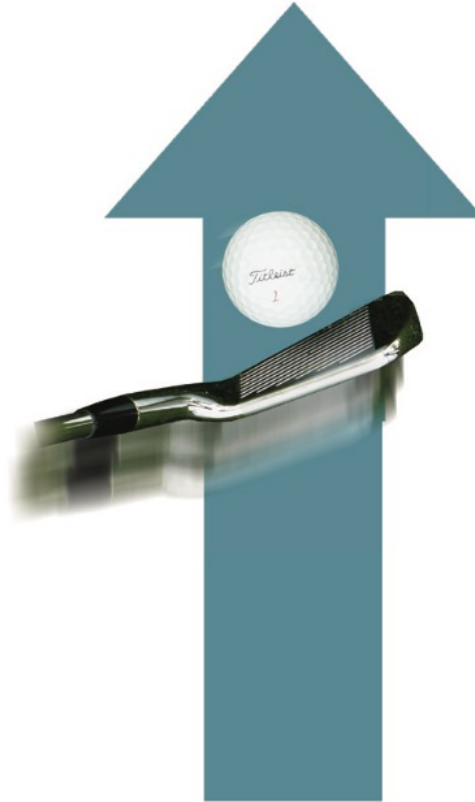


- Face to Path Drills
  - Motorcycle – left or right (no slice)
  - Toe/Heel/Same
  - Grip Adjustments

# 2.0 Straight Shots – Round 2

- Face to Path Drills

- Motorcycle: left or right (no slice)
- Toe/Heel/Same – Impact Bag
- 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

# 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