

Tactile Coaching: January 2024

Full Swing Analysis



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

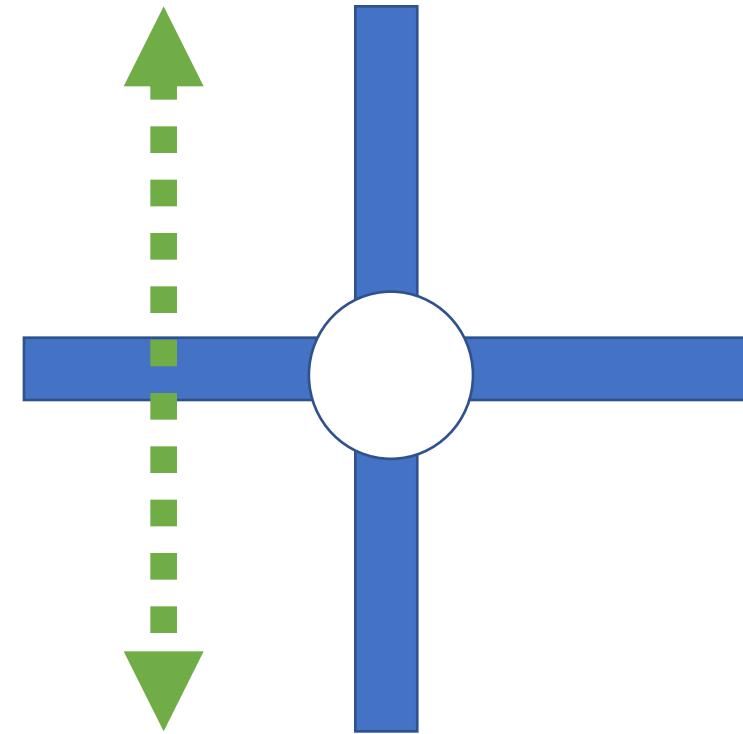
- Explanation of different clubs and swing goals
 - Circle vs ellipse – flat vs more v shaped
 - Low point location
 - Body vs Arms (cast vs load)
- Drills and stations
 - Iron – 2 tees
 - Driver – 3 tees
 - Tilt station – Ahead or behind
 - 4-Club Drills
 - Play the course on the range

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

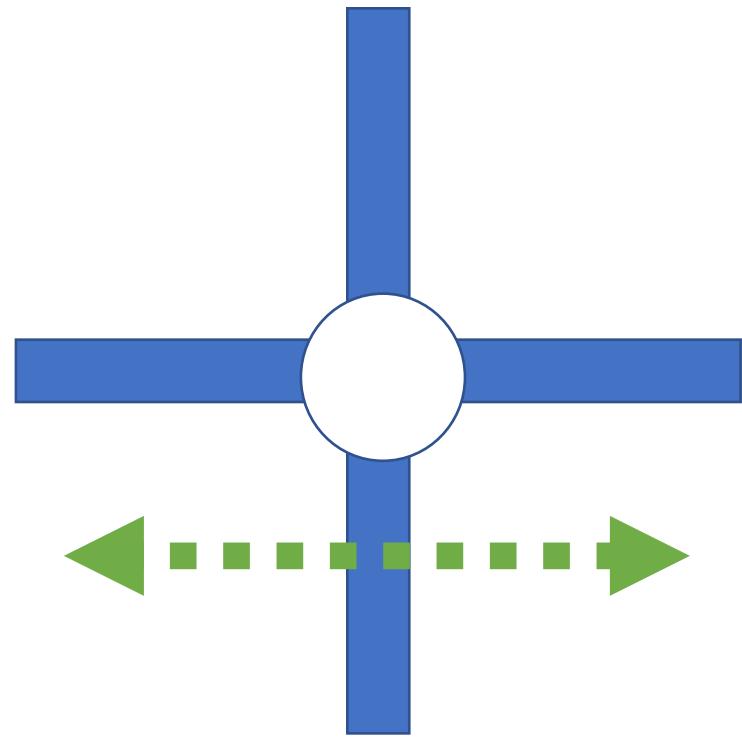
2.0 Low Point/Solid Contact

- 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

Arm Drills

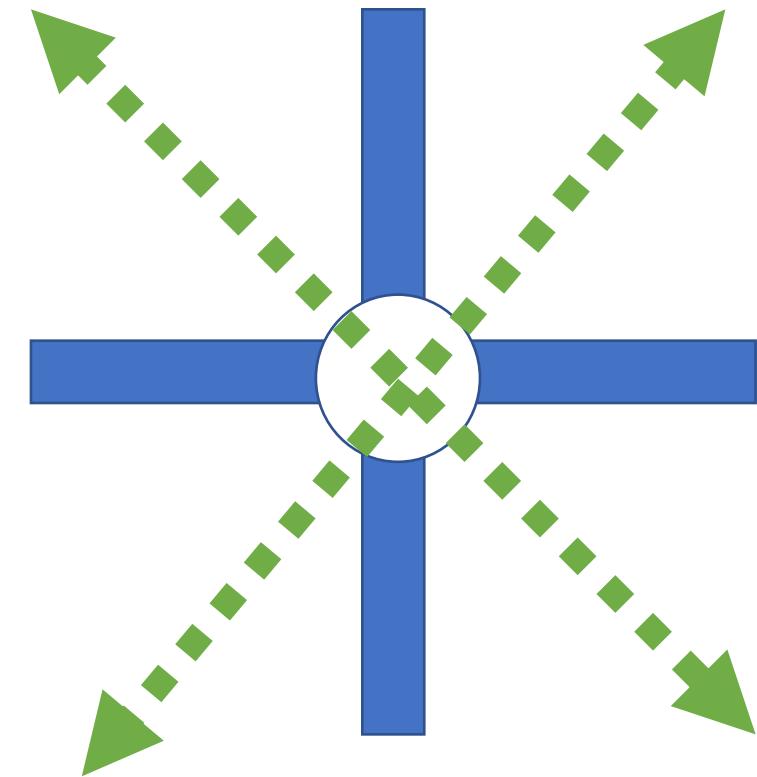
- Single Arm Drills
- ***Lead arm
- Trail arm
- Open Trail Hand

Transition Pivot – delivery position

- Pump
- Delivery and Go

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

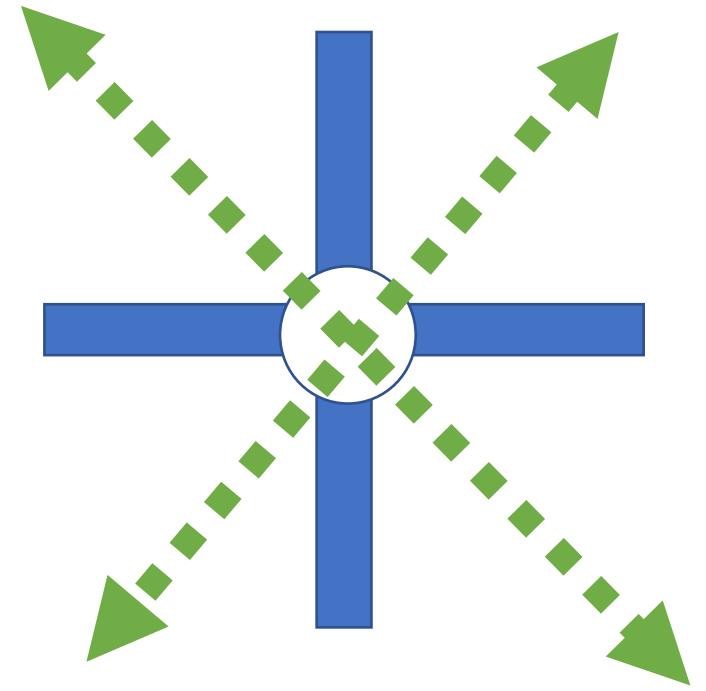
- Dial in delivery position and follow through position
- Trail arm shallow
- Unhinge
- Follow through arm extension
- Head on a pillow

- My Favorite leftward path drills

- Maintaining posture
- Body rotation
- Steep early/shallow late

- Face to Path Drills

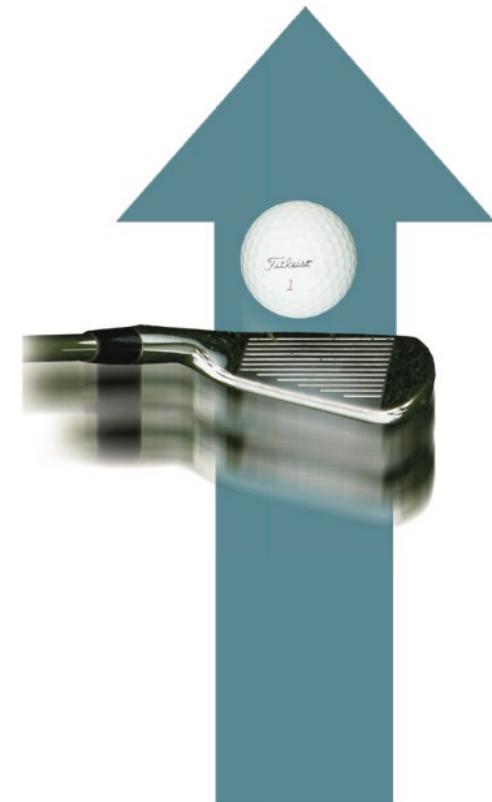
- Motorcycle – left or right (no slice)
- Toe/Heel/Same
- Grip Adjustments



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
- 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
- Analyzing a video – Driver vs Iron

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