

Tactile Coaching:
January 2024
Finesse Wedge Manual

Overview: Finesse Wedge

- 3 Swing Traits
 - Constant radius
 - Stacked centers
 - Smooth force
- Club Traits
 - Flat spot
 - Use bounce
 - Control loft
 - Smooth accelerations
- Wedge Variations
 - Finesse wedge (less than 40 yards)
 - Distance wedge (40 to 100 yards)
 - Bunker



Finesse Wedge Basics

Goal 1: Solid contact

Goal 2: Stroke length

Goal 3: Trajectory

Basic shape

- Circular shape
- Smooth force
- Face and loft consistency



Finesse Wedge Basics

Basic shape

- Narrow stance
- Level shoulders
- Stacked center
- Finish position
- Brush the turf with turn
- “Cast and coast”

Goal 1: Solid contact

Goal 2: Stroke length

Goal 3: Trajectory



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: Distance Control

Goal 2: Stroke Length

1. Backswing length – Match the finish
 1. Knee height
 2. Hip height
 3. Belly button height
2. Tempo
 1. Rhythm swings
 2. Hit from the top
3. 10/20/30 or cone ladders



Finesse Wedge: Trajectory

Goal 3: Trajectory

1. Loft/Contact/Friction/AOA
 1. Ball position
 2. Face openness
 3. Release style/sternum position
 4. Shaft lean



Finesse Wedge Basic Stroke – Video Analysis

Face on:

Impact Position

Impact line

Centered pivot

Sway/slide/tilt

Constant radius

Arm bend changes

Shoulder stability

Smooth force

Synched up?

Length of backswing

Down the line:

Swing plane

Backswing

Downswing

Arm Rotation

Lead and or trail

Club Face rotation

Top of backswing

Finish

Loss of posture

Backswing

Finish

Finish position: Smooth force

Finesse wedge recap

Goal 1: Solid contact

Goal 2: Varied backswing length

Goal 3: Varied trajectory

Three traits:

Stacked Centers

Constant Radius

Smooth force – “cast and coast”



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

Axis Tilt Station

Set up

Place 2 Alignment sticks 3 inches apart. Set up with golf ball at the back alignment stick, move to front stick during backswing.

Client Keys

Use the sticks to help train a backswing with a blend of extension, side tilt and rotation.

Coach Keys

Monitor spine extension and pelvis location

Primary Uses

Move low point forward to fix thin/fat contact

Factors of Progression (layers of detail)

Different length backswings

Include focus on trail arm staying straight, or arm connection



2 Bucket Station

Set up

Place 2 buckets or alignment sticks just outside each foot.

Client Keys

Developing a feel for a centered lower body motion

Coach Keys

Watch upper body reaction to lower body staying centered. Focus on Axis tilt if needed

Primary Uses

Minimizing low point causing problems from the lower body

Factors of Progression (layers of detail)

Different length swings

Increase swing speed

Combine with axis tilt awareness



Set Up Routine

Set up

Use an alignment stick to help consistency of 3 keys

Client Keys

Develop a routine for grip, stance, and posture

1. Weaker grip
2. Narrow stance
3. Vertical spine

Coach Keys

Watch for stance width and vertical spine the most

Primary Uses

Simplifying set up into a repeatable routine.

Factors of Progression (layers of detail)

Different slopes

Add different shots (Trajectory Station)



Arm Triangle

Primary Uses

Constant radius training

Set up

No specific set up required.

Client Keys

Focus on the straightness of the arms, the connection of the armpits, the location of the hands compared to the chest

Coach Keys

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



Towel Connection

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 training

Factors of Progression (layers of detail)

Vary backswing length

Vary trajectory

Slopes, ball below feet is especially challenging



Single Arm Drills

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 and connection. In transition feel the drop of the club instead of a pull.

Lead arm focus on connection and keeping the extension of the trail wrist. In finish, monitor no trail arm pull

Coach Keys

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

Primary Uses

Constant radius and smooth force training

Factors of Progression (layers of detail)

Vary backswing length

Trajectory station

Slopes or rough



Extreme Constant Radius

Set up

Either shoulder blades fully extended or fully shortened, otherwise normal set up

Client Keys

Maintain the position of the shoulder blades as best as possible

Coach Keys

Monitor pivot changes as a result of scapular changes

Primary Uses

Constant radius

Factors of Progression (layers of detail)

Vary backswing length

Add wrist movements



Rhythm Brush Swings

Set up

Any number of balls, usually 4

Client Keys

Developing a feel for a body powered swing with arms following the movement of the spine

Coach Keys

Watch for swaying the upper body or a flat shoulder plane

Primary Uses

Smooth force and stacked centers

Factors of Progression (layers of detail)

Different length swings

Balls not in a line



Finish Focus

Set up

Standard finesse wedge set up

Client Keys

Hold the focus and monitor a few keys:

Body position

Handle location

Arm extension amount

Axis tilt

Coach Keys

Help remind them to hold the finish and provide reinforcement for their major keys

Primary Uses

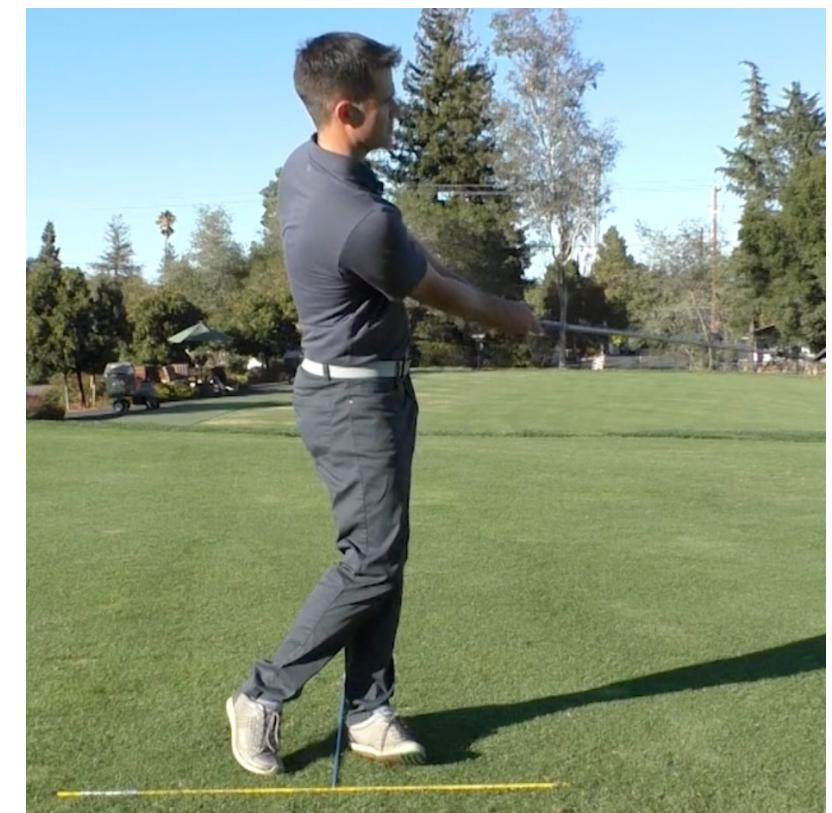
Can be used for all three: Smooth force, stacked centers, constant radius

Factors of Progression (layers of detail)

Different length swings

Different trajectories

Rough vs fairway



Flip The Handle

Primary Uses

Constant radius and smooth force

Set up

Standard finesse wedge set up

Client Keys

Toss the handle in the direction of the golf ball so that the club topples over.

Coach Keys

Monitor the body pivot to reinforce the wrist motion.



30 Yard Reference

Primary Uses

Confidence in length of swing to aid distance control

Set up

Standard finesse wedge set up

Client Keys

Use a belly button height reference to dial in a backswing length consistent with about a 30-yard shot.

Coach Keys

Monitor the body pivot and arm structure to aid with solid contact and consistent trajectory.

Factors of Progression (layers of detail)

Move from blocked to random distances around 30-yards
Hit 30-yard shots with different trajectories, notice how the swing length changed



Trajectory Set Up Station

Set up

3 balls in a line. Middle ball in standard ball position. Forward ball further away. Backward ball closer to you.

Client Keys

Try to keep the stroke relatively consistent and use the set up and ball position to alter the trajectory and spin.

Coach Keys

Monitor axis tilt and wrist timing to reinforce set up aiding in controlling trajectory.

Primary Uses

Understanding shot variety and how set up influence's trajectory

Factors of Progression (layers of detail)

Vary swing length to hit different distances

Hit random trajectories instead of sequential trajectories



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

Rib Cage Assistance

Set up

Fingers on ribs, below shoulder blades

Client Keys

Keep a smooth tempo/stroke

Coach Keys

Guide a few key rib cage movements:

1. Set up position more stacked
2. Backswing staying more stacked
3. Extension through impact
4. Coasting to finish



Anti Sway or Slide

Set up

Hands on ribs, place knee outside golfers knee

Client Keys

Keep a smooth tempo/stroke

Coach Keys

Guide a torso pivot without lower body sway or slide



Handle Guiding

Set up

Lead hand on top of grip

Trail hand below right hand

Client Keys

Keep a smooth tempo/stroke

Follow me to finish

Coach Keys

Aid with finish position maintaining constant radius, good face control and handle location in finish.

Coaches off hand can support finish if done one handed.



Extension Assistance

Set up

Fingers on sternum and spine (just below shoulders, around T8)

Client Keys

Keep a smooth tempo/stroke and follow my body guidance.

Coach Keys

Use hands to help encourage extension of the upper part of the spine.



Finesse wedge: Troubleshooting

Face on:

1. Axis Tilt
2. Shoulder rotation
 1. Lead arm internal
 2. Trail arm throw
3. Big Radius changes
 1. Throw
 2. Bend
4. Radial vs Ulnar
5. Sway/Slide vs Turn

Down the line:

1. Swing plane
 1. Under
 2. Over
2. Loss of Posture (early extension)
3. Lead Arm Shoulder Rotation

Finesse wedge: Slopes and lies

- Slopes
 - Match the shape with stance
 - Adjust loft or ball position
- Hardpan
 - Shallow
 - Watch bounce angle (square face?)
 - Low Bounce is best
- Rough
 - Assessing the lie
 - 1. Grass thickness/length
 - 2. Sitting up or down
 - 3. Grass direction
 - 4. Clump behind the ball
 - Medium to high bounce for most styles of rough