

Tactile Coaching – GSA System



Basic Sensing:

Building your sensing skills

Dance “connection” drill

Forearm awareness drill

Extend

Flex

Elbow in (adduction)

Elbow out (abduction)

Eyes closed what’s pushing where? –
hands, arms, shoulder, body (weight)

Sensing pieces

Scapula movement

Ribs/Pelvis

Elbow/wrists





Basic Sensing: Feeling the swing

- Ribs
- Scapula movement
- Pelvis
- Elbow/wrists

Basic Sensing Practice

Dance “connection” drill

Eyes closed what’s pushing where? –
hands, arms, shoulder, body (weight)



Basic Sensing Practice

Forearm awareness drill

Extend

Flex

Elbow in (adduction)

Elbow out (abduction)



Swing Sensing Guidelines

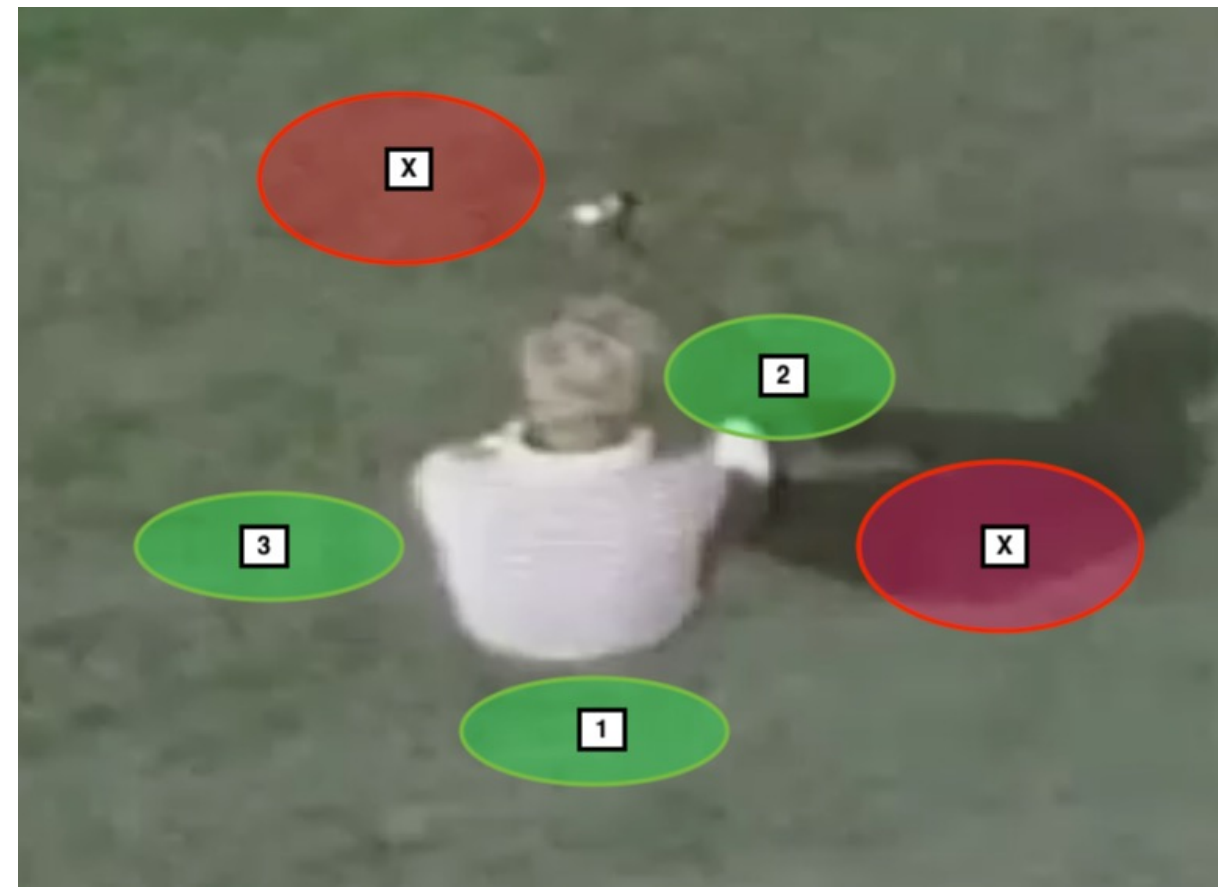
Safe places to stand and assess the swing

Behind (1)

- Scapula
- Ribs/Pelvis
- Head/Neck
- Lead Arm to finish

In Front of Trail Leg (2)

- Hands/Wrists
- Elbows/Shoulders
- Lead side ribs/hips



Target Side (3)

- Lead Shoulder
- Lead Arm
- Lead Side Ribs
- Wrists/Club

Firing Lines – Feel Practice

- Takeaway
 - Arms
 - Turn vs tilt
- Transition
 - Pull down
 - Spin shoulders
 - Side bend/translation
 - Arm Tension levels
- Release
 - Flip Roll
 - Pull Left Arm
 - Wipe



Swing Phase Training

Backswing (General Guiding)

Takeaway (grip/behind)

Lead Leg Push

Core (side crunch)/Handle

Arms (anti pull the club feels)

Setting The Club (in front/behind)

Rib Cage/Spine Extension/Tilt

Arms

Trail Arm Straight/Stability (anti lift)

Trail Arm Scapular Retraction

Lead Arm Scapular Stability

Lead Arm Rotation

Lead Wrist Flex



Swing Phase Training

Transition (General Guiding)

Lag Sequence

Arm Shallowing

- Lead Arm Up/Rotate

- Trail Arm Elbow In Front

- Trail Scapular Depression

- Club Face Twisting (Resisted Motorcycle)

Stacking/Recenter

- Turn Hips

- Scapulae Closed

- Rib Cage Sway (lumbar translation)



Swing Phase Training

Transition (General Guiding)

“Move This” – Shift Turn Hips while guide Arms

Assisted Pump Drill

Supported Arms

Delay Shoulders/Scapula

Club Face Control – Hands on Grip

Shallowing – Hands on Grip/Elbow

Ulnar Deviation Timing

Impulse – Lead Leg and Core timing

Stack Rib cage

Resisted Grip Transition



Swing Phase Training

Release (Body General Guiding)

Rib Cage

Turn/Extend/Side Bend (negative torsion)

Rib Cage Assisted Rotation or Extension

Lead leg push/bracing

“Golf Stretch”

Resisted Turtle Shell



Swing Phase Training

Release (Arms General Guiding)

Guided Arm/Grip (hit for them)
Lead Arm Only
Trail Arm Only
Shoulder Blade Hold Back
Club – Unhinge + Wide Arc Width
Don't Break My Arms (Scapula and Shoulders)
Club Face Twisting
Lead Leg Vertical Timing
Follow Through Arm Breaking/Assist in Front
Water Skier/Kettle Bell Pull/Bracing
Guided Head/Neck



Body Part Training

Scapula

Transition
Release
Impact
Follow Through

Arms (general)

Transition
Release
Impact
Follow Through

Club/Hands

Takeaway
Transition
Release
Impact
Follow Through

T-Spine/Ribs

Takeaway/Backswing
Transition
Release
Impact
Follow Through

Legs/Feet

Takeaway/Backswing
Transition
Release
Impact
Follow Through

Pelvis

Takeaway/Backswing
Transition
Release
Impact
Follow Through

Body Part Training

Arms – Specific focus

Partner Grip – Single Arm Releases

Trail Arm Backswing

Spiral

Arm Block

Scapula Push

Adduction Pull

Lead Arm Backswing

Wrist Setting/Stability

Scapula Stability

Arm Rotation

Trail Arm Downswing

Wipe

Scapula Depression

Wrist Extension/Supination

Follow Through Lock

Lead Arm Downswing

Arm Rotation (Humerus vs Forearm)

Unhinging

Block Arm Pull

Don't Break My Arm

Release Connection

The Tactile Drills

Swing Phases

Alignment Stick Sensing



Rib Cage Feels

Set up

Hands on bottom of rib cage. Spread fingers for better feel.

Client Keys

Make a normal swing. I'm just going to feel how you're moving.

Coach Keys

Start by listening, can move to guiding rib cage movements.



Pelvis Feels

Set up

Hands on rim of the ilium. Fingers on ASIS

Client Keys

Make a normal swing. I'm just going to feel how you're moving.

Coach Keys

Start by listening, can use this same position for aiding pelvis movements.



Shoulder Blade Feels

Set up

Fingers on both sides of spine of scapula .
Spread fingers for better feel.

Client Keys

Make a normal swing. I'm just going to
feel how you're moving.

Coach Keys

Start by listening, can move to guiding
shoulder blade movements.



Resisted Push Ball

Set up

Golfer in set up position. Coach steps on a golf ball and places hands on grip.

Client Keys

Imagine you're hitting this ball and push in the direction of the target.

Coach Keys

Feel for direction of push at body the clubhead and the grip. Are they pulling the handle up or pushing the handle down?



Assisted Push Ball

Set up

Golfer in set up position. Places hands on grip just above and just below their hands.

Client Keys

Get into impact position, then let me help you release to follow through

Coach Keys

Guide the throw of the ball by keeping the butt end of the club moving



Flat Lead Wrist Backswing

Set up

Have the student swing halfway back, until just before setting the club. Place your hands on their lead hand so that you have control of flexion/extension of the wrist

Client Keys

Finish your backswing while I help guide your wrists

Coach Keys

Apply a pressure distal and proximal to the wrist joint to help it stay flat. Ask the student where they feel the loading in the body at the top of the swing.



Flat Lead Wrist Backswing

Set up

Coaches applies help to above and below the wrist bones

Client Keys

Let me help you keep your wrist flat and the club face less open/closed

Coach Keys

Can be combined with “hit from the top” or “what ends your backswing” to learn to start the downswing from this flat wrist position.



Backswing Width

Set up

No set up keys.

Client Keys

Make a backswing and stop at the top

Coach Keys

Use slight pressure on chest or shoulder while pulling grip away from them. This push/pull combo encourages a straighter arm and better shoulder blade position.



Transition Combo – Wrist and Ribs

Set up

Left hand on golfer hands, right hand on ribcage

Client Keys

Left hand help with shallowing, motorcycle

Right hand help with initiating with the lead side

Coach Keys

Assist or resist as needed to emphasize their single performance key.



Delivery Pump

Set up

Left hand on grip, right hand under students trail elbow. Cradle lead arm with right bicep

Client Keys

Rehearse transition smoothly moving back and forth from top to delivery

Coach Keys

Guide more of a body driven movement, less arm pull. Keeping arms at a more consistent height compared to the body.



Resisted Delivery Pull

Set up

Have student swing to top of the swing and then down to delivery position, ask them to hold that position

Client Keys

Turn your body and pull the club away from me with your body.

Coach Keys

Help guide the direction of pull. Help them avoid taking the club over the top by spinning the shoulders.



Resisted Grip Downswing

Set up

Make a backswing and stop at the top. Place coach's hand on bottom of grip or wrist and have student start downswing slowly.

Client Keys

Swing down slowly.

Coach Keys

Feel for the direction of force and the impulse of force at different times in the downswing. Get a sense if using the core or using the arms.



Assisted Wipe

Set up

Left hand on grip, right hand under students trail elbow. Cradle lead arm with right bicep

Client Keys

Rehearse transition smoothly moving back and forth from top to delivery

Coach Keys

Guide more of a trail elbow more in front of the chest while rotating the lead side pelvis and rib cage



Resisted Motorcycle

Set up

Have the student swing halfway back and stop

Client Keys

Place one finger on the toe of the club (usually use your thumb). Place opposite hand on the shaft to help apply rotation force

Coach Keys

First, start by applying a rotational force. Ask the student to resist it. Then tell them to try and push into you using that rotational feel.



Delivery Shaft Push

Set up

Stand behind trail hip, place your hand on their trail hand.

Client Keys

Make a smooth swing at a slowish tempo

Coach Keys

Help monitor tension in the arms, provide a slight push on the wrist to help sling the club just after delivery position. Great to combo with delivery pump.



Assisted Vertical Timing

Set up

Coach stands behind golfer's lead leg.
Coach places hand on golfer's lead leg and
bottom of lead side rib cage.

Client Keys

Make a slow swing with smooth tempo.

Coach Keys

Encourage straightening both the leg and
the spine extension simultaneously. Begin
the movement around arm parallel in the
downswing.



Don't Break My Arm

Set up

Have golfer get into impact position. Stand target side and place your arm under lead tricep and above trail elbow.

Client Keys

Release the club from impact to follow through

Coach Keys

Use pressure to encourage shoulders staying closed to body and lead arm not retracting excessively. Can be combined with assisting rib cage, or encouraging forearm rotation.



Lead Arm Blocking

Set up

Coach stands behind golfer's target side leg

Client Keys

Make a normal swing, like I'm not here.

Coach Keys

Keep pressure on tricep, just proximal to the elbow joint, as they move into follow through position.



Assisted Supination

Set up

Coach blocks elbow at the epicondyles.
Holds the arm in slight internal rotation.

Client Keys

Swing slowly through the release.

Coach Keys

Maintain internal rotation of the lead arm
while encouraging a feeling of rotation
from the forearm to get into follow
through position.



Hit My Arms

Set up

Have student move to follow through position. Coach can put arms in a blocking position where follow through was.

Client Keys

Swing from impact to follow through using your body more than your wrists.

Coach Keys

“Play catch” as they move back and forth. The rhythmic movement encourages core activation more than arm and wrist action.



Lead Arm Partner Drill

Set up

Stand on target side of the ball. Have student take grip then replace their trail hand with yours.

Client Keys

Make a 9 to 3 swing with me helping guide your hands.

Coach Keys

Guide lead arm and lead shoulder motion. Encourage motorcycle, shaft lean, ulnar deviation and anti-flip feels.



Trail Arm Partner Drill

Set up

Stand on target side of the ball. Have student take grip then replace their lead hand with yours.

Client Keys

Make a 9 to 3 swing with me helping guide your hands.

Coach Keys

Guide trail arm and lead side rib cage motion. Encourage wrist extension with ulnar deviation, shaft lean, or other anti-flip feels.



Resisted Bracing

Set up

Have student swing to follow through position, ask them to hold

Client Keys

Don't let me pull you over. Try to feel the bracing happening throughout your body, not just at your arms.

Coach Keys

Pull smoothly in the direction of the target. Monitor the lead leg, spine angle, lead shoulder and wrist positions.



Follow Through Bracing

Set up

Have student swing to follow through position, ask them to hold

Client Keys

Don't let me pull you over. Try to feel the bracing happening throughout your body, not just at your arms.

Coach Keys

Pull smoothly in the direction of the target. Monitor the lead leg, spine angle, lead shoulder and wrist positions.



Rib Bracing

Set up

Coach stands behind golfer with fingers on bottom of rib cage.

Client Keys

Make a smooth swing or a smooth $\frac{3}{4}$ swing.

Coach Keys

Coach guides feeling of spine going into negative torsion, usually with an emphasis on extension.



Assisted Side Bend

Set up

Fingers on both sides of spine of scapula .
Spread fingers for better feel.

Client Keys

Make a 9 to 3 swing (full swings can be
done but aren't necessary)

Coach Keys

Guide movement with a slight pull on the
top of the spine of the trail shoulder
blade and a push up on the spine of the
lead side.



Head on a pillow

Set up

Coach stands behind golfer with fingers on head and neck.

Client Keys

Make a smooth $\frac{1}{2}$ or $\frac{3}{4}$ swing.

Coach Keys

Coach guides motion of neck while supporting the head.



Assisted Finish

Set up

Make a swing and stop at follow through position

Client Keys

Let me help guide your arms to finish position

Coach Keys

Fling the club up and around to a finish position. Monitor the lead arm staying more in front of the chest and the side bend toward the golf ball.

