The Transition:

The transition from loading to unloading should be smooth and rhythmic. The tempo may vary from person to person but it is important not to make the transition too “jerky.”

The downswing is always initiated from the ground up. Most people feel that they initiate the swing with the body. Because the body has a small circumference around which to travel, verses the very large circumference the club has to travel, it will feel like the arms must begin the downswing rather than the body. This is only a feeling. The video will show this to be the case.

Many players have described the downswing as pulling down on a rope. Some may describe the downswing as a driving of the knees toward the target or swing path.

In any case, the one thing a golfer must avoid is an unwinding of the shoulder in the downswing. Since the body does have less territory to cover in the downswing, a premature unwinding of the shoulders will cause the body to be either ahead of the arms or open at impact. This may cause a pulling of the golf ball or a pull slice if the club face is open to the path.
Faulty Movement

- Starting Down with the Shoulders

**Typical Cause:** Beginning as if in a baseball swing, with a turning of the shoulders.

**Remedy:** Pull down with the hands and arms first, and begin the downswing with the knees driving toward the golf ball.

**Video Drills:** 2 o’clock drill, swoosh drill, stick drill
Keep in mind that when someone slices the ball, their body is moving faster than their arms and club. A person who hooks the ball too much is doing the opposite. Their hands, arms and club are moving faster than their body. Since most people slice the ball, it is easy to see that it is almost impossible to swing your arms too fast.

**The Swing Plane**

The swing plane is the angle at which the club travels throughout the swing. There have been numerous theories about which swing plane is the proper or best swing plane. After viewing thousands of golf swings, both amateur and professional, our conclusion is that the swing plane has not been properly described to date.

Hogan, in error, considered the swing plane to be like a plane of glass resting on your shoulders. Most golf instructors today draw a line up the golf shaft and consider that the plane.

I believe that the line drawn up the shaft is an indicator of where you want the club to be at impact, (within about three degrees to allow for the bowing of the shaft). If you are able to maintain a swing path that is parallel or directly on the original shaft angle at address then your chances of returning to your address position at impact increase.

For example, if you were to swing the golf club very steep to the plane, or original shaft angle at address, then you must make a rapid adjustment to reroute the golf club back to the plane or address angle. Not impossible to do but far more difficult.
Here is a good example of keeping the golf club traveling on a proper plane. Notice that the address plane and the impact plane are not exactly alike. The golf club is in motion and your thrust toward the target will make the golf club attack the ball from an angle slightly higher than the address position. This is why the toe of your club head should be slightly off the ground at address to accommodate the higher plane at impact.

Unloading:

The primary goal of the unloading process is to transfer the weight to the left side, leading to a proper finish. You should have in mind the exact finishing position you desire as you progress through your swing. This mental image will help produce the downswing motion necessary to achieve a powerful and balanced downswing.
Faulty Movement

• Swinging over the top

**Typical Cause:** Beginning as if in a baseball swing, with a turning of the shoulders first.

**Remedy:** Pull down with the hands and arms first, and begin the downswing with the knees driving toward the golf ball.

**Video Drills:** 2 o’clock drill, stick drill, swoosh drill
If the proper position is achieved at the top of the backswing, it will not be difficult to get the club back to a square position at impact. There will be a rotation of the left arm on the downswing but the more passive the arms and hands can be through impact, the more accurate the ball flight. Less motion means an easier swing to reproduce.

In a proper downswing, the arms, hands and club head will travel on what feels like an inside-to-out swing path. As the body starts the downswing, a slight drop of the hands and arms should occur. This is the motion that allows the club to swing from the inside.

Impact:

The impact point is simply another location along the swing path. Of course, in mechanical terms, impact is the moment that matters. However, it is not the thing that should matter most in the mind of the golfer. It is more useful to imagine where you are going in the swing rather than where you are at a given moment. This is the reason we would like to limit your focus on impact.
I’ve found that most great golfers end up in an impact position that is slightly higher than that of the address position. A more accurate measurement is a line drawn from the golf club head through the elbows.

In either case, the most important thing to understand is that the golf club head must be as close as possible to 90 degrees from the path of the golf club in order to hit the ball straight.

Your left wrist should feel slightly bulged at impact. The left leg also straightens at impact.

Immediately after the impact position, the forearms rotate, allowing the golf club to remain square to the follow-through path and allowing the left arm to bend. One might need to feel as though this is happening before the impact area, in order to accomplish the club face passing the hand position through impact.

If these principles seem a bit abstract to you now, do not worry. They will become much clearer as we analyze your swing in more depth with the video camera. Just keep them in mind now and refer back to this section as you proceed through your instruction program.
Faulty Movement

Scooping

**Typical Cause:** Body too far in front of the arms, falling back on your right foot.

**Remedy:** Keep the left hand bulged at impact, limit the body movement in the swing, get your upper body to move forward on the follow through. This motion is usually accompanied by the reverse pivot.

*Video Drills:* Punch shot drill, extension drill, forearm rollover drill, swoosh drill

Extended Front Arm

**Typical Cause:** Trying to keep a stiff left (front) arm.

**Remedy:** Rotate your forearms through the impact position and allow your front arm to rotate and bend at the elbow.

*Video Drills:* Punch shot drill, extension drill, forearm rollover drill, swoosh drill

Flipped at Impact

**Typical Cause:** Sliding of the hips toward the target. Trying to drive with the hips.

**Remedy:** Rotate your forearms through the impact position and allow your front arm to rotate and bend at the elbow. Turn the hips through the impact area.

*Video Drills:* Punch shot drill, extension drill, forearm rollover drill, swoosh drill
Your Impact Position

Place your picture here