

THE SECRET BEHIND SWING PLANE



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The swing plane is simply a 2 dimensional plane that the club travels around the body. It incorporates both horizontal (around) and vertical (up) planes.

Depending on physical characteristics and swing preferences there are multiple swing planes that are acceptable. Although some coaches prefer certain planes to others, what they will all agree upon is that it must be efficient and repeatable.

My preference and that of all coaches at the Institute of Golf is that the club will travel on an incline plane that is predetermined by the degree of

spine angle and the amount of leverage and rotation a player can create.

Often a player's inability to swing the club on plane is not due to a lack of effort, talent or determination but the inability to understand how the body moves in order to create a correct swing plane and ultimately a consistent flight.

Many players view the golf swing as being rotational and in trying to achieve this, swing the club on an inside path, causing either a flat swing, or a manipulative move to a steep plane causing inconsistencies in

flight and strike.

Although the swing looks very rotational it is actually a mix of both horizontal and vertical planes. By understanding each point below and implementing them into your game, you will achieve an on plane swing improving your accuracy and lowering your score.

Vertical Plane

- Club
- Wrists
- Elbow

Horizontal Plane

- Shoulders
- Hips

When implementing this skill it

is important to do as every new skill a player should. Implement the improvements in stages.

Firstly the player should ensure each component of the move and then join these together (Preferably without a ball and I would suggest doing this in front of the mirror

No. 1 Is the posture at setup

No. 2 Is the posture at setup with the club, wrists and elbow working vertically from the backswing.

No. 3 Is the posture at set up showing how the shoulders and hips rotate horizontally on the spines axis when a backswing



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is made.

No. 4 Is both planes joined together ... ie showing the player swinging the club on plane at the top. You will notice that the club and lead arm is perpendicular to the spine at this position. ie on plane.

Secondly, once you are certain you can achieve the position every time then work on this on the range. Preferably with some form of feedback, I like players to use the visual medium, like a mirror or video.

Thirdly, once this is

implemented then proceed to the course and enjoy a more consistent and enjoyable game.

For more information and to book your next golf lesson visit www.instituteofgolf.co.nz or phone (09) 4157778

Tip

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