



The Direction Discipline



When undertaking any endeavour, whether it be in sport, the arts or business, learning begins with one simple key ingredient - Quality Feedback

Steven Gannon

Glen Haynes



THE DIRECTION DISCIPLINE

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THE DIRECTION DISCIPLINE

Congratulations! You are about to embark upon a journey of self discovery and improved accuracy.

Welcome to **THE DIRECTION DISCIPLINE**, presented by Aussie Golf Pros, exclusively for members of **GOLFER**. This Course is a unique and effective 3-part program, designed to help you develop the tools you need for longer, straighter drives and laser-targeted irons.

What would your response be, if we were to tell you that there are only **3** different conditions that directly cause the golf ball to go offline? Hard to believe? That can't be true, surely! Not with the multitude of things that can go wrong in any golf swing!

That's right! We've broken everything down into **3 SIMPLE PRINCIPLES!** The Direction Discipline is designed to 'Cut To The Chase' and develop your understanding of cause and effect over the flight of the golf ball.

Ultimately, if you can fully comprehend what's happening at impact between the golf club and the ball and why the golf ball goes left or right, then you're well on your way to learning how to control your shots and hit more fairways and greens on the golf course.

The Direction Discipline

Mastering Club Contact: Enhancing Ball Striking

In this, the 1st chapter of **THE DIRECTION DISCIPLINE**, let's explore the foundation of consistent golf shots: striking the golf ball with the centre of the clubface. Achieving contact with the sweetspot, not only launches the golf ball further and higher but also improves accuracy.



Strikes from the very edge of the toe of the clubhead, will cause the ball to travel to the right for right-handed golfers, while strikes off the extreme heel veer left. The dreaded shank, originating from the hosel, can send the ball erratically off course, as this section of the clubhead is round and definitely not designed for striking the golf ball!

Even minor mishits towards the toe or heel can induce unexpected ball flight patterns. Toe strikes will initially push the ball right but also induce hook spin, causing it to curve left. This is known as **GEAR EFFECT**. Conversely, heel strikes tend to twist the clubface closed, leading to shots that start left and curve right into a fade or slice.

These mishits also compromise ball speed, carry distance and optimum spin rates.

Achieving consistent contact with the **SWEETSPOT** of the club is challenging, yet attainable. While swing technique plays a role, honing this skill is crucial for improvement. This is possible without altering technique.



The Gate Drill

This straightforward yet powerful exercise, provides valuable **FEEDBACK** on clubface contact. Set up two tees with space enough between them, for the golf clubhead to swing through.

Swing your club between the tees, aiming to cut the grass. Hitting the outside tee indicates a heel strike, while contact with the inside tee signifies a toe strike.

This drill enhances spatial **AWARENESS** and encourages accurate clubhead **CONTROL**. Progress to hitting a ball placed between the tees to simulate real-game conditions.

Expect to hit the tees initially – this is part of the learning process. Consistent practice on the range and on short game shots will refine your ball striking.

As your proficiency improves, narrow the width of the 'Gate', so that there is only a 5mm margin of error towards the toe or heel.

By focusing externally on **CLUB CONTACT** rather than concentrating on internal mechanics, this drill fosters natural, organic skill development without overwhelming technical adjustments.

Incorporate the **GATE DRILL** into your training regimen and enhance your ball striking prowess for improved consistency and accuracy.

[Watch Episode 1 Here](#)



Understanding Angles & Side Spin: Controlling Shot Shape

In this 2nd chapter of **THE DIRECTION DISCIPLINE**, we investigate the importance of **CLUBFACE ANGLE** as a critical factor influencing accuracy in golf.

There are 3 primary angles at impact that affect the launch direction and shot shape of the golf ball: **OPEN** (aiming right for right-handers), **CLOSED** (aiming left), and **SQUARE** (aiming straight at the target).



Many golfers mistakenly attempt to keep the clubface square through impact, disrupting the natural rotation of the club, essential for accuracy.

Achieving a **SQUARE CLUBFACE** at impact requires a significant amount of rotation. The clubface should appear to be 'open' to the target in the downswing, square at impact, and closed after impact.

Trying to force a square clubface throughout the swing often leads to an open clubface at impact and the dreaded slice.

Allowing the clubface to naturally rotate through impact is key. The clubface momentarily aligns with the target at the **POINT OF IMPACT**, contributing to much straighter shots. Though challenging initially, mastering this timing enhances shot accuracy.



Differential Training

Differential training offers the most effective method for controlling clubface angle. By hitting shots in various directions with different clubface angles, golfers can develop this skill quickly and efficiently.

Start with a mid-iron and set up 3 balls. Utilizing the exact same setup for each shot, attempt to hit one with a draw, one with a fade, and one straight. Alter the clubface angle without changing grip, alignment, or swing plane, focusing solely on timing the rotation of the clubface.

The ball's flight provides immediate feedback. A **DRAW** or **HOOK** suggests a closed clubface, while a **FADE** or **SLICE** indicates an open face. A **STRAIGHT** ball flight confirms a square clubface at impact. Consistent central club strikes are essential for accurate feedback.

Initially, expect it to be easier to hit shots with one shot shape (i.e., fade), while experiencing difficulty with the opposite shape (draw). Feeling the clubface rotation improves understanding of shot shapes on the golf course.

Accept wildly curving shots to the right or left, as long as the ball is **CURVING IN THE INTENDED DIRECTION**. As you improve, so should your control over the shot shape. Straight flights indicate a square clubface at impact, beneficial for the 3rd and final attempt but not necessary for the first 2 shots.

As your skill level and control over the timing of the clubface rotation improve, aim to reduce the amount of curve achieved.

This differential training is applicable with any club, emphasizing the clubface's importance in controlling direction, **SIDE SPIN** and the shape of the golf ball flight through the air. Embrace the challenge, and your shot accuracy will improve.

[Watch Episode 2 Here](#)



Consistent Alignment: Mastering Swing Direction

This is the 3rd and final chapter of **THE DIRECTION DISCIPLINE**, presented by Aussie Golf Pros, exclusively for **GOLFER**. Let's explore the pivotal subject of **SWING PATH**, a crucial aspect of shot direction.

Alignment sets the stage for swing path performance. Should your alignment not be parallel to your target line, the swing path is often affected.



Obviously, if your setup is aligned to the right (a closed stance for the right-handed golfer), it's likely to guide your swing path towards the right. This is also known as an **'IN-TO-OUT'** swing path. Conversely, a leftward alignment may steer your swing path towards the left or **'OUT-TO-IN'**.

To improve the accuracy of your golf shots, it is important to setup consistently. Ideally, your body should be aligned parallel to your target line. Use alignment aids while practising to ensure consistency in your setup. This gives you the best chance of achieving a **NEUTRAL SWING PATH** through impact.

Yet, even with perfect alignment, the club and arms can manipulate the swing path, giving rise to terms like 'coming over the top' and variations in swing plane.



Differential Training

Staying true to our theme of differential practice, let's delve into refining swing path control.

Using your alignment aids, ensure that you setup with your **BODY ALIGNED PARALLEL** to the target line. Now, let's deliberately explore hitting the golf ball off-line, away from the target.

Once again with 3 balls, experiment with swinging 'in-to-out', 'out-to-in' and straight towards the target, all from this 'neutral' setup position. Your intention with the golf ball flight should be to '**PUSH**' a shot to the right (right-handed golfer), '**PULL**' a shot to the left and hit the 3rd ball towards your target. All 3 shots should fly straight, without any fade or draw spin. You are not changing your clubface angle with this challenge.

As with learning to control the clubface angle, you will likely find it easier to hit the golf ball in one direction than the other.

These exercises highlight the importance of mastering swing path variations to yield more predictable shot outcomes. The goal is for you to be more **AWARE** of your alignment and the typical direction of your swing.

Developing an understanding of swing path lays the groundwork for producing a neutral, straight swing path directed at the target. Aligning your feet, knees, hips, and shoulders parallel to the target fosters the ideal conditions for achieving this neutral path.

Attaining such consistency is possible with this creative practice and therefore, improved understanding of your golf swing characteristics.

[Watch Episode 3 Here](#)



CONCLUSION

When undertaking any endeavour, whether it be in sport, the arts or business, learning begins with one simple key ingredient - Quality **FEEDBACK**. The learning cycle continues:



Effective drills provide the quality feedback required to 'kickstart' the learning loop. Differential Training fosters heightened awareness and helps improve your control throughout the golf swing.

This 3-part course focuses on 3 pivotal aspects of golf: **CLUB STRIKE**, **CLUBFACE ANGLE**, and **SWING PATH**. By refining these elements, you'll gain mastery over the flight of the ball, for straighter shots and more consistent results.

Thank you for embarking on this journey of self discovery and accurate shotmaking with us in **THE DIRECTION DISCIPLINE**. We trust this simple but effective program helps you understand the true causes of ball flight and to ultimately, gain more control over your golf ball.

Are You The Best Golfer You Can Be?

