



SLICE FIX SWING ANALYSIS

GOLF SWING TRAINING GUIDE

Case Study - Weak Slice



Our Golf Swing Analysis this week is of Daniel. This young golfer has just started to play in club competitions. He is athletic but lacks any control over his golf shots. With his habitual slice, his handicap index is 34.0.



Our first goal to help Dan improve is of course, to straighten out, or at least reduce his slice. For the majority of golfers, a slice is caused by an Open Clubface at impact and that is certainly the case for this golfer.

Causes of an Open Clubface



Let's check Dan's grip. An open clubface is often the result of the student holding the club with a 'Weak Grip'. For a right-hander, this is when either or both hands are rotated left. Actually, Dan's grip is quite strong, so we'll leave that for now.



However, if we take snapshot of Dan's clubface in the downswing, we notice that it is quite open, right up until impact. This is sometimes caused by excessive rotation of the wrist and forearms in the backswing, but Dan doesn't do that.

Trail Wrist Extension



As we zoom in closer, we can see that Dan's trail wrist is almost straight. He is demonstrating very little 'Wrist Extension' or 'Cocking'. This not only causes that Open Clubface but also a lack of 'Club Lag' in the downswing.



We want Dan to produce some Trail Wrist Extension in the downswing, feeling like he's holding a dinner plate. As he brings his club into the downswing, the Clubface will be facing more downwards, in a stronger, more stable position.

Half Swing Drill



As with any technical swing change, it's important to take things slowly, step-by-step. We've asked Dan to head to the driving range to hit shots with a half swing, pausing at the top of the backswing, ensuring he is extending his trail wrist.



The ball flight should be the exact opposite of his tendency, the Weak High Slice. Let's hit some Low Draw Shots. However, just hitting a couple of these shots with an exaggerated change is not enough. Dan needs to hit 20 or more to effect change.

Coiling For More Power



As we study Dan's golf swing from face on, we identify some power losses. Dan sways his hips away from the target in the backswing. He doesn't complete his backswing and therefore his downswing is a little 'Out of Sync'.



To help Dan rotate more effectively and to increase Ground Force Energy in his swing, Glen has prescribed this 'Step Drill'. He demonstrates the drill here, lifting his lead foot off the ground in the backswing, ensuring a proper shift to his trail side.

Ground Force



Glen then stomps his front foot into the ground to initiate the downswing sequence. The lead foot must hit the ground well before the clubhead strikes the golf ball. This transfers energy from Glen's feet, right up his body, into the club.



This improved downswing sequencing generates more clubhead speed, with less effort from the arms and shoulders. It also helps the golfer approach the ball more from the inside with the clubhead, an important aspect for improving accuracy.

THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

If you love our content, have a question,
or just want to say 'G'day'

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