



**YOUR CORRECT
GOLF SWING**

**SWING CHANGES
TRAINING
GUIDE**

Swing Fix - Early Extension



When striving to build your Correct Golf Swing, at some point, you are going to attempt to make a 'Swing Change'. Then, you will very quickly discover how difficult making that swing change can be!



Today, we take you through our 7-Step Process to help you make any swing change. Yes.....7 Steps! No easy, quick fix here. For the purpose of this demonstration, we will focus on reducing 'Early Extension'. This is when the player loses posture and stands up before impact with the golf ball.

Step 1 - Sound Setup



To give yourself the best chance of finding your Correct Golf Swing, it makes sense to begin with some solid fundamentals and build a sound setup. Check your aim, alignment and ball position with Tour Sticks.



Work with your coach to develop sound fundamentals for your grip and posture. There is little point in attempting to make technical adjustments to your golf swing, if a poor setup position is going to hamper your improvement.

Step 2 - Exaggerate The Drill



Ideally, your coach has recommended a drill for you to help you along your journey. This drill could simply be a desired movement within the swing. Use a short iron. It **MUST** be exaggerated, to the point of looking and feeling ridiculous!



We often see Tour Professionals make weird motions or swings during their pre-shot routines. The resulting golf swing might look normal, despite the odd move. The player is trying to create a sensation or feeling during the golf swing.

Step 3 - Make Slow Motion Swings



Next, make slow motion swings, without the ball. The goal is to incorporate your new movement into your golf swing, so you're still exaggerating the new motion. These training swings should be full length but made in Ultra Slow Motion.



You'll likely find this quite challenging. This step is vital for effecting long term technical improvements. Perform these swing drills multiple times, either at the range or at home. Be patient and keep excellent form!

Step 4 - Hit Slow Full Shots



Yes, you finally get to hit a ball.....not very far! We're simply repeating Step 3, but with golf balls. Easy? It's Not! The golf swing is 99% subconscious. By slowing the swing to 1/8th speed, you have the opportunity to change something consciously.



A word of warning - as you reintroduce the ball, you might swing too fast or not perform your new motion well enough. These shots are full swings in slow motion. Most golfers idea of slow motion is to swing at 90%. That's way too fast to effect change.

Step 5 - Gradually Speed Up

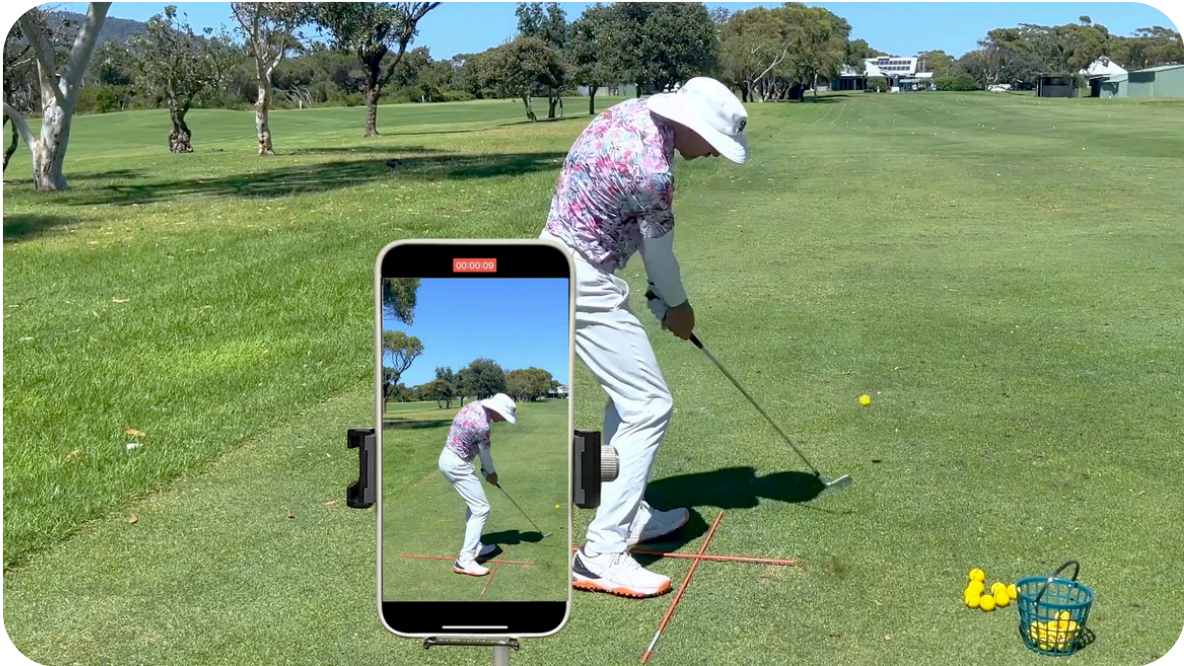


Once you've mastered the art of exaggerating your drill and hitting nice, easy, extremely short iron shots, then you are ready to speed up your golf swing.....a little! Overdo it and you risk dragging yourself back to Square 1!



Patience is key. Hit 10 shots just 10 yards further. If you're succeeding with the drill and striking the ball consistently, extend your shots another 10 yards. If you ever find yourself losing form, drop back and slow the swing down again.

Step 6 - Acquire Feedback



Understand that feel does not equal real. It's normal to think you're performing your drill properly, only to discover that you've slipped back into your old motor pattern. This means that to stay on track, you need feedback.....constantly!



Feedback can be from your coach or from someone with a keen eye. Realistically, the most inexpensive method is with video via your smartphone. You should be checking your form and your new motion every 10 or so shots.

Step 7 - Full Shots



Even if you're still working through the earlier steps and don't feel you're ready to hit full shots, you should 'reward' yourself at the end of each training session. Once again, it's important to video yourself regularly to track your progress.



Only after a disciplined training, can you hope to take your new, improved golf swing onto the course. Even then, the tendency for most golfers is to revert to old motor patterns. Go through this 7-step process several times, to effect real and permanent swing changes.

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'

please go to our [YouTube channel](#) to comment.



00:00:09



0.5

1x

