

WHY DO I SLICE?

To try and turn a slice into a draw or straight shot we must first understand what is causing the slice.

Generally a slice is caused by the clubheads path coming across the target line from out to in... As golfers we then hold the club face open through impact so we don't hit the ball left along the clubs path through impact. The result is a slice.

So what causes the clubheads path to coming across the target line from out to in?

In most cases it is the start of the downswing where most golfers get their slices from. Their rear shoulder isn't directed down to the ball but outward. This forces the hands outward as well, above plane. One the hands are caught above plane the only way they can get the club down to the ball is by working out to in.

This will also then lead to things like the weight staying on the back foot through impact, head moving up away from the ball through impact and maybe even that dreaded schank where the ball decides to take off at right angles.

So, how do I fix this?

There are numerous drills I can get my students to do to help fix this... one main this we must achieve through is to get the hands and clubhead coming down first from the top of the swing so it comes from inside when approaching impact. We must then extended out through impact and allow the hands to roll the clubface over.

PRACTICE DRILL - REAR FOOT BACK ...

Address a golf ball as you normally would... now place your rear foot back so your feet are aiming well right (right handed golfers). Align your whole body along your feet and try and hit the ball out to right field. As you do this make sure you roll your hands over (like a top spin shot in tennis) this should now see the ball curve to the left. Once you can do this a few times in a row, the next step is to aim your feet straight, feel like your shoulders are aligned out to right field and then still try and hit down and out through impact while you roll the clubhead through. The ball should start just right of your target and draw back. The aim of the new technique is to ensure the clubs heads path is now going inside to out and the clubface is now closing through impact.

Anything you try different in your swing technique will feel wrong, awkward, terrible etc etc... It's just a different feeling and one that you can get used to... The golf swing is a skill... the only way we can improve a skill is to work at it. Don't stand there practicing and getting good at your mistakes.. Quality practice not quantity practice.

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