

How to determine the proper swing plane

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Often we hear the terminology about plane, but rarely do we understand what in the world those golf instructors are talking about. We are not referring to air-planes. We are talking about swing planes.

Often people think golfers should be trying to make the same swing every time. That may be fine, but the swing plane is an entirely different story. Have you ever wondered why you have favorite clubs in your bag? Well, it just may be that your swing plane fits a certain club better than it fits others. Let me explain.

Because you have fourteen clubs of varying degrees of loft in your bag, the length of each club is slightly different as well. This difference in length should cause a slightly different swing arc or plane. For example, the sand wedge is the shortest club in the bag and should have the most upright swing plane. I often tell my students that the sand wedge swing plane is most like a ferris wheel - vertical in nature. (Please see photo 1.)

Conversely, the driver is the longest club in the bag and is played with a ball resting on a tee; therefore, this club should have the flattest swing arc. Hitting a driver should produce the most horizontal-looking swing of them all, like a merry-go-round. (Please see photo 2.)

Most of your success in hitting good golf shots will be determined at address. Let's go back and reconsider both the sand wedge and the driver. We have already established that the sand wedge is the shortest club, so it requires that we bend more from the hips at address (please see photo 3), resulting in the club going up in the air. The more the club goes up vertically, the steeper the

angle of attack coming down and the deeper the divot taken after a well-struck shot. Get the picture?

The driver, because of its length, doesn't cause us to bend at the hips as much; therefore, the resulting swing is more horizontal. (Please see photo 4.) Because the ball is on a tee and the swing

plane is flatter, the angle of attack is much shallower, which produces a more sweeping type of motion and no divot.

So, let your club's length determine the plane and let your club's plane determine your divot.


Good luck! 



PHOTO 1



PHOTO 2



PHOTO 3



PHOTO 4