




Swing Diagnosis Golf Drills & Fitness Fixes

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Common Swing Diagnosis

- "S" Posture
- "C" Posture
- Loss of Posture/Lifting up
 - SWAY-Backswing
 - SLIDE-Forward Swing
 - Reverse Pivot
 - Coming Over the Top
 - Casting/Early Release
 - Scooping
 - Chicken Wing
- Reverse "C" Spine Angle
 - Hanging Back
- Flat Shoulder Plane
 - Early Extension


Down- the – Line Camera View


- "S" Posture
- "C" Posture
- Loss of Posture/lifting Up
 - Flat Shoulder Plane
 - Early Extension
- Coming Over the Top
 - Chicken Wing

Frontal Camera View Swing Imperfections/Diagnosis


- Sway
- Slide
- Reverse Spine Angle
 - Hanging Back
- Casting/ Early Release
 - Chicken Wing

Golf Postures






"C" Posture




Good Posture



"S" Posture

Swing Imperfection #1 "C" Posture

- **Definition:** "C" Posture: defined as when shoulders are slumped forward @ address causing roundness of the back from tailbone to the back of neck



"C" Posture Swing Diagnosis

Affects 34% of players

- **Diagnosis:** "C posture restricts efficient spinal mobility therefore upper body does not rotate which prevents golfer from separating the shoulders from your hips ("X" Factor) The golfer will swing with only with the arms only.
 - Effect on golf game:
 - Lack of power,
 - Poor ball striking,
 - Inconsistent shots
- Disconnection of arms and body during the swing
 - Typical Golf Shots:
 - Tops,
 - Thins,
 - Lack of Distance
- Directional change in ball flight- right & left shots

"C" Posture Swing Diagnosis

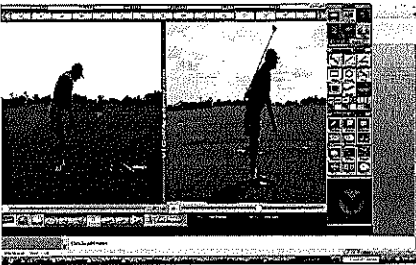
- **Physical Causes:**
 - Imbalance of chest (Tight or shortened Muscles: Pec Major and minor, Upper Trapezius and Levator Scapula and Lats
 - Weak or Inhibited Muscles: Serratus Anterior, Seep Neck Flexors and Lower Trapezius
 - Joint Restriction: Lack of thoracic spine extension (limited backward bend or arching of upper back)
 - Spine immobility
 - Other causes:
 - Lack of pelvic rotation
 - Improperly fitted clubs- Too short
 - Improper set up instruction
 - Sedentary Life sytle- Aging process, imbalanced fitness program (upper body lifting without flexibility training)

"C" Posture Swing Correction

- Physical Correction: Adjusting the posture to more neutral spine.
- CORRECTIONS
 - Build flexibility in front of body and strength in back of body
 - Build Spinal mobility
 - Stretches
 - Supine Chest Stretch on Ball
 - Supine Thoracic Spine Mobility Stretch
 - Pec/Upper Back Extension
 - Neck Stretch Pressing Opposite
 - Arm Glides
 - Golf Club Posture Exercise
 - Lat Stretch
 - Sit on Wall Stretch
 - Modified Cobra
 - Twisting Table
 - Rear Deltoid Exercise on ball
 - Static Shoulder/Hip Disassociation Stretch

"C" Posture Golf Drills

- Club Down Back or inside shirt



"S" Posture

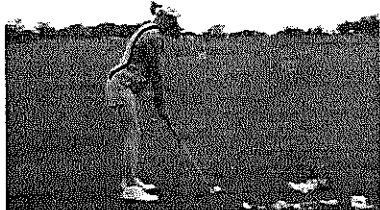
- **Diagnosis:**
 - Effect on golf game:
 - Lack of power,
 - Poor ball striking,
 - Inconsistent downswing paths to shots
- Disconnection of arms and body during the swing
 - Typical Golf Shots:
 - Tops, Pulls
 - Thins,
 - Lack of Distance
- Directional change in ball flight- right & left shots

"S" Posture

- **DEFINITION:** The "S" posture refers to the position or shape of the lumbar spine at address position.
- **Physical Causes:**
 - Lack of Mobility in Hips
 - Lack of strength and mobility in Glutes
- **Repercussions of "S" Posture**
- Will cause pain in lumbar spine
- Weakens the abdominals and compromise lumbar and hip mobility

"S" Posture

"S" Posture



"S" Posture Fitness Drills

- Physical Correction: Adjusting the posture to more neutral spine.
- CORRECTIONS
 - Build flexibility in front of body and strength in back of body
 - Build Spinal mobility
- Stretches
 - Supine Chest Stretch on Ball
 - Supine Thoracic Spine Mobility Stretch
 - Pec/Upper Back Extension
 - Neck Stretch Pressing Opposite
 - Arm Glides
 - Golf Club Posture Exercise
 - Lat Stretch
 - Sit on Wall Stretch
 - Modified Cobra
 - Twisting Table
 - Rear Deltoid Exercise on ball
 - Static Should/Hip Disassociation Stretch

Losing Posture

- **Definition:** inability to maintain a consistent spine angle throughout the swing – change of spine angle from the address position
- **Diagnosis:**
 - **Effect on golf game:**
 - Lack of power
 - Poor ball striking & inconsistent shots
 - **Typical Golf Shots:**
 - Pulls to left (right handed player)
 - Tops to Left
 - Sky Ball with Drivers
 - Fades or slices
 - No distance differential between irons
 - No power & lack of spin on the ball

Loss of Posture



Losing Posture

- **Physical Causes:**
- Lack of Core Mobility
- Lack of Core Strength
- Instability in Lower body- tension in hip flexors

Loss of Posture – "Lifting UP" Fitness Solutions

- Lat Stretch to Lat Strengtheners
- The Turn with the Ball
- 4x4 Hip Stretch
- The Groin Stretch against the Wall
- Core Stability Series
- Pilates Roll Down
- Core Crunch with Ball
- Extended Table
- Modified Cobra
- Plank
- Dynamic Should Hip Disassociation Stretch
- Passive Hip Release with One Leg on the Chair

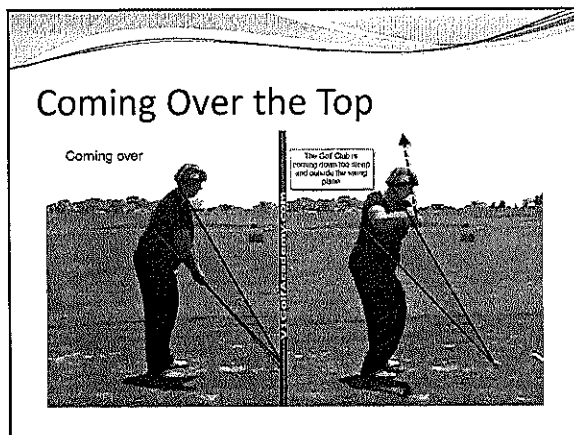
Losing Posture Fitness Solutions

- Lat Stretch to Lat Strengtheners
- The Turn with a Ball
- 4x4 Hip Stretch with strap
- Groin Stretch
- Core Stability Series
- Pilates Roll Down
- Core Crunch with Ball
- Extended table
- Modified Cobra
- Plank
- Dynamic Should/Hip Disassociation Stretch
- Passive Hip release with one leg on Chair

Swing Diagnosis "Coming Over the Top"

Affects approx. 45% of players

- **Definition:** This fault is a common flaw in which the upper body initiates the downswing instead of the lower body. The upper body dominates the downswing and the club is thrown outside the swing plane causing an *out-to-in* motion with the club in relationship of the target line
- **Diagnosis:** Failure of lower body to initiate the downswing caused by various factors.
 - **Effect on golf game:**
 - Lack of power
 - Poor ball striking & Inconsistent shots
 - **Typical Golf Shots:**
 - Pulls to left (right handed player)
 - Tops to Left
 - Sky Ball with Drivers
 - Fades or slices
 - No distance differential between irons
 - No power & lack of spin on the ball



Coming Over the Top

- **Definition:** Upper body initiates the downswing instead of the lower body
- **Physical Causes**
 - Improper/Inefficient body sequencing
 - Hip immobility
 - Lack of gluteus & lower body strength
 - Trunk Immobility-Thoracic Spine
 - Shoulder Immobility

Coming Over the Top Swing Corrections

- **Diagnosis:** "Coming Over the Top:"
 - **Effect on golf game:**
 - Lack of power,
 - Poor ball striking,
 - Inconsistent shots
 - Disconnection of arms and body during the swing
 - **Typical Golf Shots:**
 - Tops, Pulls
 - Thins,
 - Lack of Distance
 - Directional change in ball flight- right & left shots

"Coming over the Top" Golf Drills

- **Drills**
 - "Pump The Club" Down Swing Drill
 - Swing to Right Field Drill
 - Swing inside the Show Box
 - Follow the Line Drill
 - Swing the Ribbon Drill
 - ****Toss the Ball Drill ☺

Coming over the top Fitness drills

- Articulating Bridge
- Standing Glute / Hip Stretch
- Dolphin Twist on a Ball
- Spinal Hip/Hamstring Series with Strap
- Alligator Twist with Shoulder Mobility
- Trunk Stretch and Recoil Exercise
- Glute Strengtheners with golf club and One Leg extended
- Full swing drill with arms crossed

Coming over the top Fitness drills

- Good Balance Drills
- Proper weight Shift- Teach Rotation
- Core Strength

Chicken Wing

- **Definition & Diagnosis:** A breakdown of the left arm (right handed golfer) just past point of impact. The left arm bends instead of extending as the club is coming through impact. You will see the golfer's elbow before the club. You want to see the club head versus the elbow first on the down the line view.

- **Effect on golf game:**
 - Lack of power
- Poor ball striking & Inconsistent shots
- **Typical Golf Shots:**
 - Pulls to left (right handed player)
 - Tops to Left
 - Sky Ball with Drivers
 - Fades or slices
 - Weak shots to Right
 - No distance differential between irons
 - No power & lack of spin on the ball

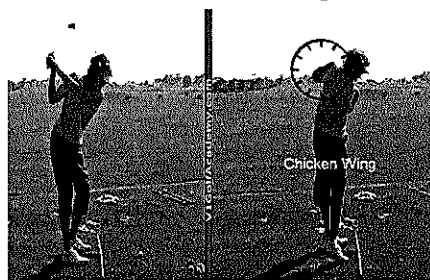
Chicken Wing

- **Physical Causes:**
 - Lack of Flexibility
 - Lack of Lat, shoulder and torso mobility
 - Shoulder doesn't turn causes unnecessary and inefficient movement

Chicken Wing Fitness Solutions

- Teach pronation in the backswing and supination on the downswing.
- Dynamic Internal/External Mobility Twist
- Twisting Table
- Should stretch with club behind the back
- Clockwork/Shoulder Mobility exercises
- Hand, Wrist, and Forearm Rotational Series with Club
- Rear Delt Exercise on a Ball
- XYZ Balance Rotation Drill with Club and Ball
- Ball toss against the Wall Drill

Chicken Wing



SLIDE & SWAY

- **Definitions:**
 - **SWAY:** When lower body moves laterally away from target (right side for right handed golfer) instead of coiling around the axis of the spine. A sway shifts all weight to the non target sided foot making it difficult for a downswing transition.
 - **SLIDE:** When Lower body moves laterally toward the target (left side for right handed golfer) instead of coiling around the axis of the spine.

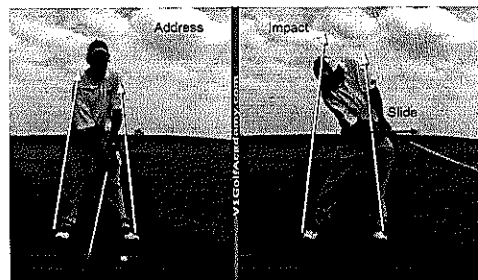
SWAY & Slide

- **Physical causes:**
 - **Sway:** Inability to internally rotate the hip due lack of flexibility
 - **Slide:** Inability to externally rotate the target side hip due to lack of flexibility
 - Lack of strength in the glutes
 - Poor strength inhibits hip control and depleted POWER & DISTANCE
 - Hip adduction(inner thigh) and abduction (outer thigh) Mobility
 - Glute & lower body strength
 - Trunk Mobility

SLIDE Fitness Solutions

- Internal and External Hip Stretch
- Articulating Bridge
- 4x4 Hip Stretch
- Spinal /Hip Hamstring Series with Strap
- Dynamic Shoulder and Hip Disassociation Stretch
- Hip Stability/Torso Mobility Exercise
- Squats
- Three Point Dog Leg Exercise
- Dynamic Single Leg Dead Lifts with Club
- Power Rotation with Club
- Passive Hip Release with One Leg on the chair

SLIDE



Reverse "C"

- **Definition:** When upper body bends backwards or bends laterally during the follow through creating a finish position that is out of balance and body is not fully extended toward target. Causes injury and compression of the lumbar spine
- **Physical causes:**
 - Lack of Core Strength
 - Lack of Hip Mobility

Reverse "C"



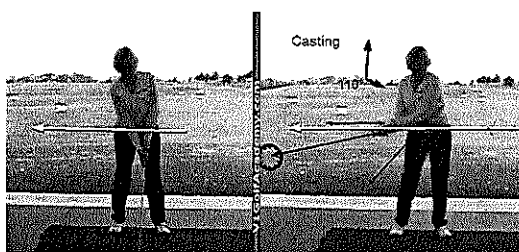
Reverse "C" Fitness Solutions

- Spinal Rotation with Arms Perpendicular to the Body
- Pilates Roll downs
- The Turn with a Ball
- Core Crunch with a Ball
- Modified Cobra
- Locust

Casting /Scooping

- **Diagnosis:** "Casting /Scooping:
 - Effect on golf game:
 - Lack of power,
 - Poor ball striking,
 - Inconsistent shots
 - Disconnection of arms and body during the swing
- Typical Golf Shots:
 - Tops, Pulls
 - Thins,
 - Lack of Distance
- Directional change in ball flight- right & left shots

Casting



CASTING & SCOOPING

- **DEFINITIONS:**
 - **Casting:** A breakdown in the swing during the downswing phase that occurs when the wrists angle is released too early.
 - **Scooping:** When the hands in the down swing lose their angle and the golfer attempts to scoop the ball. The left (right handed golfer) breaks down prior to making contact with the ball.

Casting & Scooping

- **Physical Causes**
 - Lack of strength in hands, forearms and wrists.
 - Inefficient Lower body coil in the backswing and downswing
 - Improper Balance and Weight Transfer
- **Fitness Solutions**
 - Create increased mobility in pelvis
 - Generate increased mobility in internal hip rotators
 - Build strength in Glutes
 - Increase strength in hands and wrists
 - Develop proper balance and foot function

Casting & Scooping Fitness Solutions

- Cat/Cow exercise
- Spread out Hand to Floor/Lat Stretch
- Seated Spine Twist on Chair
- Supine Hip and Shoulder Disassociation Stretch
- Core Crunch with Ball
- Extended Table
- Superman Stretch
- Power Lunge & Turn with Club
- 30 Second Hand flashing Speed Drill