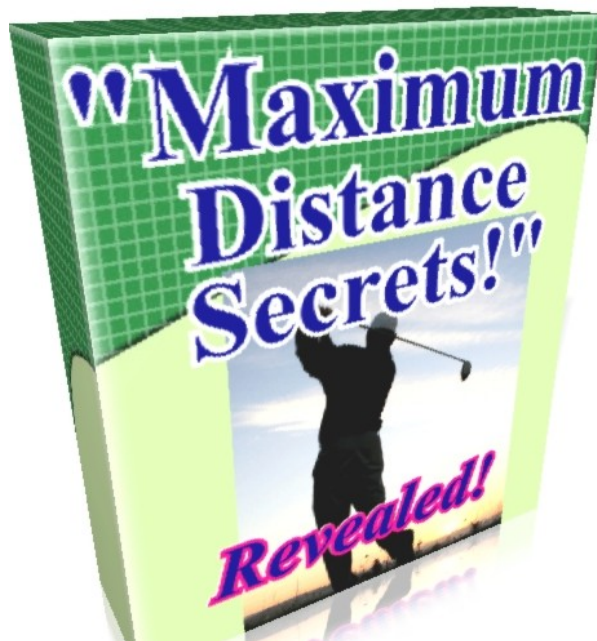


Strictly Off The Record
**"Advanced Swing
Troubleshooting"**
Mini-Report



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I. Introduction- Pinpointing Swing Problems

Most golf instructions and lessons on swing improvement provide a well thought out system that help players with the fundamentals they need in order to fix any basic swing problems.

However, many situations on the golf course will spring up where you may not be able to pin-point the specific problem area.

A. What To Look For

It is often quite difficult for the beginner golfer to pick up on their individual problem areas. So, when you hit a roadblock & can't figure out what needs to be adjusted, the first place to check is your *back shoulder*.

Is it *dipping down* towards the ground during your backswing?

This issue is most prevalent in golfers that have a horizontal swing plane. These players have a tendency to drop their back shoulders as their swing plane gradually becomes horizontal.

Dipping your back shoulder within your backswing can cause numerous swing problems.

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The back shoulder dip can cause your timing to be thrown way off. This can also lead to having your weight shift improperly when you swing, poor follow-through position, and a distortion of your hand position during impact.

A. The Fix

The good news is that there is a fairly easy solution to this problem.

1. The next time you visit the practice range, take an extra golf ball and place it underneath your back foot. Make sure that half of the ball is buried in the ground, sitting directly underneath your heel. This simple solution will help you fix your back shoulder issue because it prevents unwanted weight transfer.

2. Next, just line up & swing. You may take practice swings or just tee off. Try to stop dipping your back shoulder inside your backswing by keeping your shoulder up.

This drill is so simple that once mastered, you should be making solid contact with the ball regularly. Eventually, you will naturally swing without shifting any weight towards the back, thereby fixing a number of problems with your swing.

II. What About Swing Speed?

Many beginner golf players have a tendency to believe that "swing speed" is a specific skill that should be perfected. While important,

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it's not everything.

For some reason, these new players are under the impression that having the correct swing speed is something that should be applied to all shots on the course. While there is some merit to this idea, there is no such thing as a perfect swing speed.

A. About Swing Speed

Your swing speed is simply how fast your golf club travels from address, to your backswing, & then through the completion of your downswing.

Everyone's speed measurement will differ due to a variety of reasons. These reasons can depend upon the physical size of the player, his strength level, his swing technique, the type of club used, & the kind of shot being made.

A perfect example of this is by looking at the swing speed of most professional golfers. There are some players who have been known to swing at more than 160 mph!

Now, consider the average golfer who is male & generally fairly strong. He may have a swing speed of about 90 mph when using his driver. And a child golf player may only measure 40 to 50 mph when swinging the club.

B. Beginners & Swing Speed?

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As mentioned above, swing speed can vary tremendously between each golfer. So, while there is no magic formula for obtaining the perfect speed, beginner players shouldn't be overly concerned about how fast their clubs are moving.

If you're fairly new to the game, then worrying about your swing speed may not be the best use of your time.

Instead, focus your goals on the basics. Make contact with the ball each time you swing. For many new players, making contact consistently can take months of practice.

After mastering contact, you may then want to consider learning a few techniques to help increase your swing's speed.

C. Experienced Players

For advanced players, there are a couple of training aids available from reliable golf equipment manufacturers. One is called the "Golf Swing Speed Radar." This device uses Doppler radar technology to help the player monitor the true accuracy of his swing & helps measure velocity feedback.

Thus, it will show you what adjustments need to be made to increase swing speed.

Look for it online by doing a simple search for "Golf Swing Speed Radar." Or, newer similar products may have come out since this document was produced. Advanced golfers can fend for themselves

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in this area.

III. Golf Swing Problems & Accepting Limitations

Regardless of how many books you read, and how much time you spend studying, problems will *always* arise on the golf course. Interestingly enough, that is part of the reason why golf has become so popular worldwide...

A. Everything Comes Back To The Swing

Nothing is more gratifying to veteran golfers than having a sound swing. And, once it's learned, it's not hard to keep the swing intact, even through adjustments and corrections. But occasionally, a player's swing can become unpredictable at the drop of a dime.

You'll hear even some of the best Pros say that their swing "has a mind of its own." (But the real question is: Is it their swing or is it THEM?)

Understanding your swing, which admittedly takes a lot of time and effort to master, will help you overcome most problems by either preventing them or easily correcting the issues.

In the beginning, you prevent problems by using basic fundamentals to develop a sound, consistent swing. And, you can correct problems by reviewing the fundamentals & adjusting the specific

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parts of your swing that may relate to the problems. This is where Pro instruction comes in handy.

Some veteran players "in a rut" try to force their swing back into shape. But, forcing conformity into a swing may lead to the opposite outcome. When chronic problems reoccur and can't be resolved in practice, expert players accept their limitations and know when to call for instruction.

It can be frustrating to admit you need help. But, it's not as inefficient as continuing to practice incorrectly.

Yes, even professional players seek help from other professionals when they need to. The reason is that it is far easier for a 2nd party to see a flaw in your swing than you can. (By the way, always select professional instructors who have the track record to back up any advice that they are giving out.)

B. Accepting Limitations

Although understanding golf swing issues makes it possible to prevent or correct problems, two factors may make it difficult to move beyond a certain point:

1. Many golfers are unable to determine what constitutes a specific problem to begin with (I have friends who had swing problems for years before they realized it).
2. Very few golfers have an understanding of what the underlying

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causes are of the problems themselves.

Between the obvious & underlying swing problems, the latter are the more troublesome of the two.

Topping the ball, for example, may obviously be caused by the weight of the player shifting to the right rather than the left through impact. But the underlying *cause* may really be their fast backswing which is preventing them from shifting their weight correctly.

Such factors are rarely, if ever, are corrected without a trainer's input. This is because the causes can be hard to discern with someone else's help.

C. 100 Different Solutions

So many things like timing, rhythm, movements, relative positions, practice, dedication, attitude, experience, and mental & physical abilities can influence a swing.

So much so that you can't expect the cause of a problem to be the same from one golfer to another. Nor can a seemingly identical problem always be corrected with the same simple solution.

Every factor involved affects each player's swing differently. And there may be several reasons for continual poor outcomes. It can be difficult to understand the problems themselves, let alone correct something you are doing fundamentally wrong.

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D. Final Tips

Remember this about your swing:

It's always best to prevent a problem before it starts. The basics help here. A lot.

If you are having problems, simply go back to the basics and follow a step-by-step procedure to rebuild your swing. In-depth analysis often isn't really needed. Review the basics to gradually fix all major problems that arise. Learn to love them.

Furthermore, learning what is truly "good form" will help eliminate issues that never needed fixing in the first place.

But wait!

There's A LOT MORE than was presented here!

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