

Do You Have A One–Plane Or Two–Plane Swing?

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Do You Have A One–Plane Or Two–Plane Swing?

By Jack Moorehouse

The concept of plane confuses some players. It also confuses some players that come to me for golf lessons. Many are unclear about what it is and what its impact is on your golf swing. Whether you understand the concept of plane or not, swinging off plane is never good.

Focusing on two points—spine angle at address and the position of the left arm on the downswing—clears up the confusion about swing plane and explains its effect on your golf swing and your golf handicap.

Several reasons exist for swinging off plane. Picking the club up with your hands or rolling the clubface open during the swing are two. The most common reason for swinging off plane is adopting the wrong spine angle at address, as I've often pointed out in my golf tips,

Spine angle forms the natural axis around which your shoulders should turn at a 90–degree angle. The spine angle you set at address is critical because it decides the shape and plane of your swing. It's the reason why I focus on adopting the proper spine angle in my golf instruction sessions.

If a player tilts too far over at address, the flatter spine angle causes the shoulders to "tilt" during the swing. As a result, your left arm comes off your chest during your swing, your backswing becomes upright, and your swing plane too steep. Fat shots, deep divots, and pulls and slices are symptoms of a steep plane.

If a player leans too far back at address, the more erect spine angle causes the shoulders to flatten during the swing. As a result, your left arm squeezes too tightly against your chest, your backswing becomes flatter, and your swing plane too shallow. Hitting behind the ball, thin shots, and loss of power are symptoms of a shallow plane.

Keep in mind that a taller player has a naturally steeper swing plane than a shorter person does, and a shorter player has a naturally flatter swing plane than a taller person does.

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While your shoulder turn and arm swing are related, a good backswing requires a left arm swing that's on a slightly higher plane than your shoulders. This arm angle allows your shoulders to have more of a free passage to the ball on the downswing. If your left arm swing is off, you'll automatically be on the wrong plane with your swing will be off.

Here's a test I use in my golf lessons to tell if a player is on plane with his/her swing. Take a club, assume your normal posture, and swing to the top. Hold that position for a second. Now, loosen your grip and let the shaft fall.

If the shaft hits you on the top of the right shoulder, your swing is on plane. If it hits you on the head or neck, your swing plane is too steep. Conversely, if it falls behind your back without hitting your body, your swing plane is too shallow.

Employing a simple move at the top of your backswing ensures that you're taking the right swing plane as you start into the downswing. As you begin your downswing shift your weight onto your left foot

while, at the same time, bringing your right elbow back down to your body. Remember to retain the angle of your wrist as you complete this move. It's the seat of power and the key to maximum distance.

As the weight shifts to the left and the elbow drops down, the club falls automatically into the right slot for the correct swing plane. This movement flattens the swing ever so slightly. It's the ideal position from which to swing the club down at the ball, delivering the clubhead squarely to the ball.

In essence you're actually employing two swing planes to hit the ball correctly, one slightly different than the other. The first comes from executing the correct take away. The second from dropping down your right elbow just before the downswing.

That slightly different swing plane is crucial. It runs right through the correct angle of your spine, the natural axis around which your shoulders should turn, enabling you to deliver a clean crisp blow to the ball with a square clubhead and good power. And that's the goal of all golf instruction on swing plane.

I hope this article clears up the confusion about swing planes. If you work on taking the club back on the right plane and on dropping your right elbow down during your swing, you'll see results. That, in turn, will help you lower both your individual golf scores and your golf handicap.

Jack Moorehouse is the author of the best-selling book "How To Break 80 And Shoot Like The Pros

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." He is NOT a golf pro, rather a working man that has helped

thousands of golfers from all seven continents lower their handicap immediately.

Improve Your Golf Swing With Keeping Your Golf Club On The Correct Swing Plane

Do You Have A One-Plane Or Two-Plane Swing?

By Sean Cochran

We as golfers have heard the term swing plane many times during our golfing careers. But do we really know the definition of it and the bearing upon our golf swing?

Recently, I had a conversation with Dean Reinmuth (top 30 teaching pro ranked by Golf Digest) and I think he described swing plane the best. Dean suggests to think of the swing plane as an imaginary circle. The imaginary circle that represents the swing plane is set at an angle. It is the path on which it is necessary for the club to travel in order to execute the swing correctly.

Beginning at address, the clubhead and shaft should be positioned at the "bottom" of the swing plane. During takeaway into the backswing and at the transition point of the swing, the clubhead and shaft are to remain on the swing plane. These three phases of the swing represent the club traveling "up" the swing plane to "top" of it. Keep in mind the visual of the circle and the shaft of the club dissecting the shoulder during these phases of the swing.

Once the transition is complete, the downswing begins and the clubhead is moving down the swing plane. The path on which the club is traveling down should be the same as on the backswing.

Continuing on with the swing plane, the club is to travel to again the "bottom" of the swing plane for impact with the golf ball. Once impact has occurred with the golf ball the follow-through of the swing occurs, and it is still necessary for the club to travel upon the correct swing plane. This assures that you are releasing the golf club correctly.

The swing plane on the follow through is essentially a "mirror image" of it on the backswing. The golf club, again, must travel up an imaginary circle that dissects your front shoulder up into the finish position.

What does the swing plane represent?

The swing plane represents the path on which your golf club should travel upon during the swing.

Why is it so important for the golf club to travel upon the swing plane?

The golf club must travel upon the correct swing path in order to impact the golf ball correctly. Impacting the golf ball correctly provides the greatest possibility of delivering powerful, accurate, and consistent shots on the course of play.

Oftentimes the golf club does not travel upon the correct swing plane. What happens in such instances?

The path of the club becomes an "outside to in" move resulting in a slice, or an "inside to out" swing plane resulting in a hook. Overall, the club's not traveling on the correct swing plane results in poor shots.

Now that we know what a proper swing plane is within the golf swing and we can visually create a

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picture of it, how do we develop the proper swing plane?

This is the hard part, and there are no secrets about it. Referring back to my conversation with Dean Reinmuth, he suggests that it is a process of creating "feel" for the proper swing plane. Creating "feel" is a process of knowing where the clubhead is on the swing plane. This allows you to know where your golf club is in regards to the proper swing plane required of the golf swing.

How do you go about creating "feel" within your golf swing?

It is a process of understanding the mechanics of swing and developing the proper swing mechanics within your golf swing.

This allows you to know what the golf club should be doing, where it should be during each phase of the swing, and when it is not where it should be when you are swinging the golf club.

Overall, it becomes a process of recognition. Recognition of what is the right and the wrong movements/positions within the golf swing. Once "feel" is developed within your swing, I would definitely say you are close to mastering the golf swing.

This does require time and effort on your part. But if you are willing to put in the time and effort, rewards on the course will be well documented.

Sean Cochran is one of the most recognized golf fitness instructors in the world today. He travels the PGA Tour regularly with 2005 PGA & 2004 Masters Champion Phil Mickelson. He has made many of his golf tips, golf instruction and golf swing improvement techniques available to amateur golfers on the website

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