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30-11-5

Your winter combination for next summer's success.

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With the myriad of new and revolutionary swing theories, it's easy for golfers to lose sight of what actually matters most: a square clubface, an on-plane delivery and correct impact conditions.

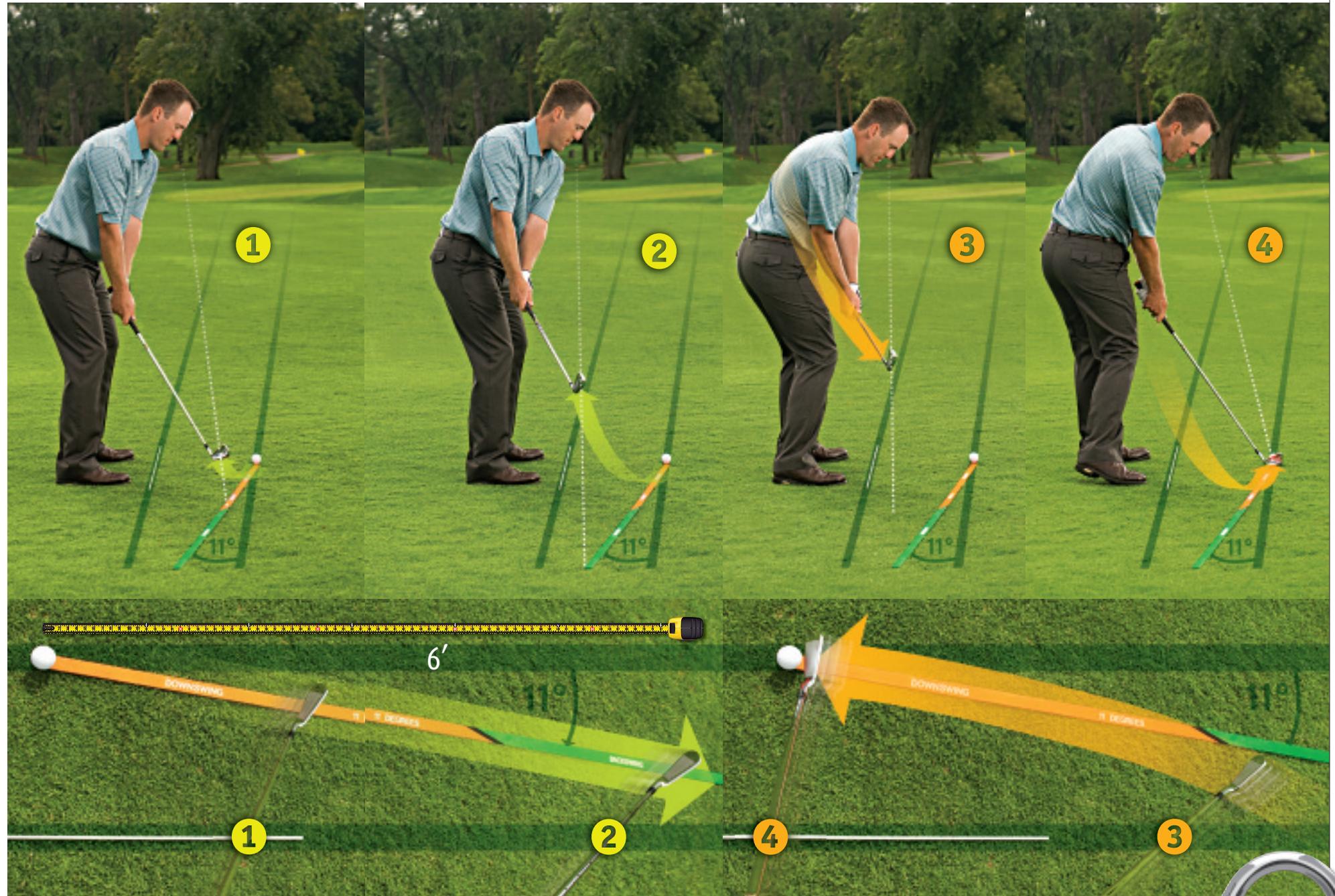
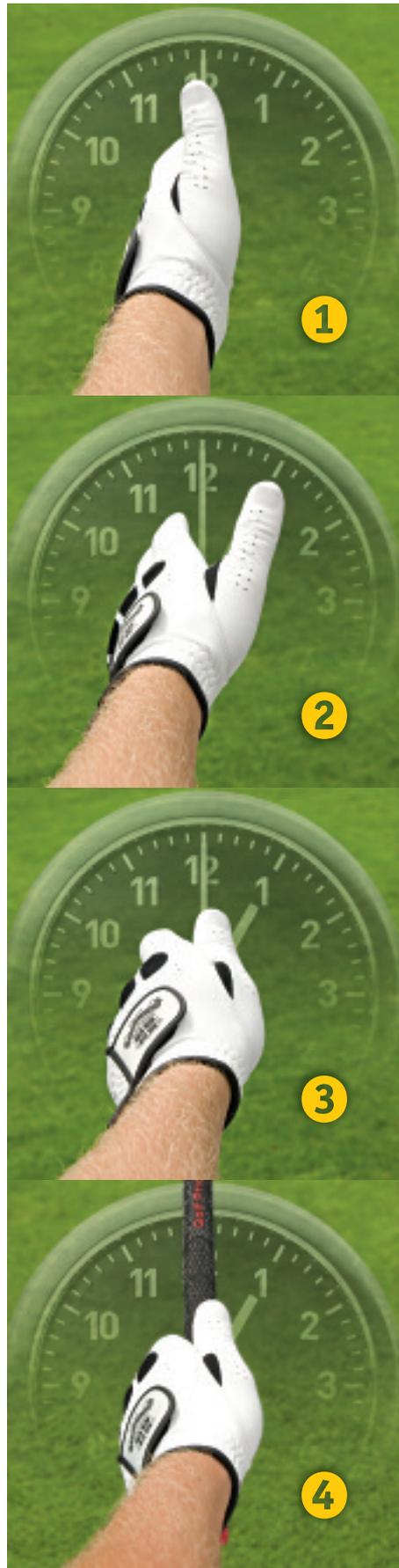
At Hamilton G&CC Academy, we don't teach anything that is merely opinion-based.

We acquire scientific fact from our own research using the K-Vest 3D Analysis System and various other video and biomechanical resources. The 30-11-5 combination forms the backbone of our teaching philosophy and is a concept that can be practised this winter to help you play better next year.



■ Your first step is to rotate your top hand grip approximately 30 degrees right or to roughly 1 o'clock (for right-handers). Stick your left arm out with your thumb vertical and rotate accordingly. Then make a grip with your fingers (you should not see your fingertips as they are hidden by your thumbs) before gripping a club in this fashion.

This allows the club to reach an impact position where the left hand is five inches closer to the target than at address, creating a correct compression of the golf ball with a slightly descending blow and square clubface.



■ Next, construct a swing path line on the ground (masking tape or string works) that is 11 degrees inside of your target line. The path line is an optical illusion of sorts because it transfers an incline plane of motion onto an easy-to-trace line on the ground.

Because the club is moving inwards and upwards simultaneously, it will

appear that the club is moving inside; in reality it is tracking up and down the club's ideal plane of motion. In the backswing the club will trace close to six feet down this line, keeping the centre of the club tracking down the line from your eyes' vantage point. On the downswing the club tracks down only the second half of the line due to its lag.

Do this slowly without a ball initially, graduating to soft swing shots before picking up velocity. This helps you learn what movement patterns are required to be able to direct the club on this 11-degree track.





■ Lastly, work on establishing five inches of lateral “bump” in the lead hip and lead hand from address to impact to set up a correct strike on the ball.

You’ll need some kind of object (a driveway marker works well) to place in the ground five inches ahead of your front hip at address.

Practise getting to your impact position so that your front hip touches (but doesn’t cross) the marker. The hardest movement in golf is to position the lower body at impact with the correct amount of bumping and turning.

Note that your top hand has also moved five inches ahead of where it was at address, which relates to rotating it 30 degrees as outlined in the first step.

Players who make less than five inches of bump most often come over the top and either pull or slice their shot. ♪

Work on these three essential moves to unlock the combination to your swing through the winter months and don’t hesitate to contact me with questions and feedback regarding its application.

EDITOR’S NOTE:
Look for this article on SCOREGolf.com where Scott Cowx will address any comments and concerns you may have.

