

STERLING FARMS GOLF ACADEMY

VOL.1 NO. 7

HAND PATH - DOWNSWING

As we discussed how the leg action changes the hand path in the backswing in article No. 6, we will now see the effects it has in the downswing and the ball flights associated with each. Here we again see changes in the leg action and how it provokes different hip turn, shoulder turn and hand paths in the back swing.



In the catalog below, you can see the hand and club head path in the downswing and resulting ball flights. The more forward the hands, shown to the left by a red line, the more likely to pull, fade or slice the golf ball to the right! As the pictures progress to the right, the green line shows players with a "deeper" hand path hitting shots that push draw!



Downswing components continued....



These players above struggle with making solid contact, suffer distance and directional control (shots that go low left and short right) along with the lack of ability to finish forward in the follow through as they pull and slice shots left and right!

Here we see the downswing from some of the best ball strikers with depth to their hand path and clubhead path! Even though every player is different, we see them demonstrating many of the same components only to varying degrees. Be careful however, too much of a good thing can lead to different misses in the opposite direction (pushes and over draws).

