



Talking in the 19th Hole

WEEKLY TRAINING 8

THE PLANE ON THE ½ SWING. In 2002 when I started working as a pro at the Vallescondido Golf Club, I was asked to teach a ½ swing class at the boys and ladies' clinics. He played golf for more than 25 years and did not know how to make the ½ swing. I started to practice it to master it and to be able to teach it.

Since then, the ½ swing became one of my most important teaching tools. For beginners, it is the swing trainer. For intermediate and advanced players, it is helpful as a game resource to make a variety of shots and to correct errors in technique.

Most players do not like to train the ½ swing. I like it a lot, especially if there are targets within my reach. I want to emphasize with all the clarity of the words the importance of training the ½ swing. If a player masters the ½ swing, he will accomplish much more in this game.

The ½ swing is a critical control point characterized by:

The club shaft is parallel to the ground, and the butt end is pointing approximately parallel to the target.

- The shaft of the club is parallel to the line of the balls of the feet and intersects the line of the original plane of the shaft.
- The left forearm is practically in line with the hands, with the shaft and the club's head.
- A vertical line drawn from the club's end would enter the ground at the right end of the right foot or slightly to the side of the right foot.
- The club's face is square to the arc of the swing, with the tip of the head pointing upwards.
- The left arm is extended and close to the chest.
- The right arm is semi-extended.



The ½ swing is not a perfect and unique position. There is room for individuality in several details. One of them is the plane. The plane is the angle the club moves during the swing. Each golfer has its unique swing plane according to the angle of the club's shaft in address. This plane is determined by the player's height, the length of his arms and legs, posture, and the club he is using.

Let's see some exercises to train the plane in the ½ swing:

- Stick lying down. Place a stick on the ground parallel to the target line just on the ball of the right foot. Make $\frac{1}{2}$ swing making the club rest on the stick.



- Inclined stick. Nail a stick into the ground behind the ball, slightly inside the target line and in the same plane as the club's shaft. Make $\frac{1}{2}$ swing so that the head of the club is directly in front of the stick.



- Vertical stick. Nail a stick into the ground vertically at a point just behind the stick lying down. Make $\frac{1}{2}$ swing so that the head of the club is directly in front of the stick.



- Cross the stick or mat. Place a stick perpendicular to the body's alignment and the target line to the right on the ground. Make $\frac{1}{2}$ swing so that the club crosses the shaft at a right angle on the ground. This same exercise can be done relative to the edge of a practice mat.



- The stand bag. Place a stand bag behind the target line or just inside, at an angle similar to the club you are using. Make $\frac{1}{2}$ swing staying in the correct plane.



- Hinge and turn. In the address, moving only the wrists, raise the head of the club to the height of the hands. Turn your shoulders up to $\frac{1}{2}$ swing.



- Reposition the body. Make a $\frac{1}{2}$ swing stopping the club in that position. Rotate your body so that the club is in front of you. Lower the club to the ground. If the $\frac{1}{2}$ swing is correct, the club should remain as it was in the address.



- Wall. Take the address stuck to a wall. On the ½ swing, place the club parallel to the wall without touching it.



- The sniper's peephole. Imagine watching the swing from behind the target line with a sniper's peephole, with your hands in the middle of the peephole. In the takeaway, the hands move in the middle of the peephole while the club's head moves, staying in the lower right quadrant. On the ½ swing, hands, shaft, and clubhead are tied in the middle of the peephole.



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https://www.youtube.com/watch?v=JyPKd9UzyQY&list=PLsYr1uC75ERgYQU_LQgRKBaDtqsXy-ns2&index=6

Having a good plane on the ½ swing will make you a better player. **FORE.**

Note: If you are subscribed to www.handy.golf, you receive the file with all the images of the exercises.

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