

## Swing Analysis Overview

(My personal overview when analyzing a golf swing)



### General Concerns:

1. Analyze the quality of your set up (posture, grip, ball position, body alignment, weight distribution).
2. Evaluate your pre-shot routine.
3. Observe overall rhythm and tempo of swing.
4. Examine the sequence of the swing from start to finish (take away, half-way back, top of swing, half-way down, impact, follow-through).

### Specific Concerns:

1. What are the hands, arms and club doing in relation to the body?
2. Is there continuity of motion during the path of the swing?
3. Examine the quality of your body turn and leg action.
4. Are you producing a proper weight transfer?
5. Is the width and radius of your swing being maintained?
6. Is the club releasing correctly?
7. Does your finish produce good balance?

Most problems in a golf swing root back to a poor set-up at address. A poor set-up can cause the arms and club to get out of position in the early stages of the swing. When that happens, your body will do its best to compensate, so that you are able to get the clubface in some sort of square position for impact. In other words, "one fault leads to another".

Coordinating the arms and the body is a major key to a consistent, repeatable, golf swing. When I videotape a golf swing, I can clearly determine at which point that synchronization breaks down. For example: if the turning of your torso during your back swing is completed by the time your arms move only half way back, (at which point you lift the club to the top); your arms are out of sink. Ideally, your arm swing and your upper body coil should complete the back swing simultaneously. This will result in better synchronization through impact.

Once you, the student, familiarize yourself with your swing from the viewpoint of video playback with your instructor, you will then be able to determine if you are on track as you work towards your personal goals.