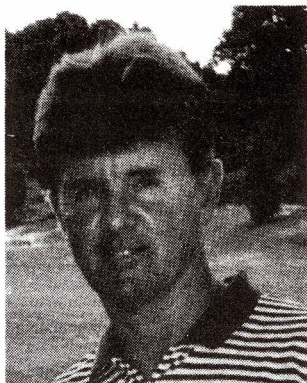


Visualizations and Short Thoughts



By **Michael Hebron**
PGA Master Professional

It will help any golfer's progress to realize when the body goes into motion, the human brain is doing one of three things. It's either *responding* to motion, *anticipating* a motion, or *recreating* an image of motion.

Some examples of how the brain causes the body to move are: (1) it reacts when a ball is thrown to us, (2) it anticipates a shot in tennis, and (3) it recreates the image and feel of a bowling motion stored in our brain.

I would like to point out a sound golf swing is not reacting or anticipating a motion, it's just recreating the image and feel of the swing motion a player has stored in his brain.

Visualizations and short thoughts have always been used to help golfers make progress with their game. I would like to share some that I have used in my approach to instruction. Hope they help!

THE INSIDE MOVES THE OUTSIDE

Notice:

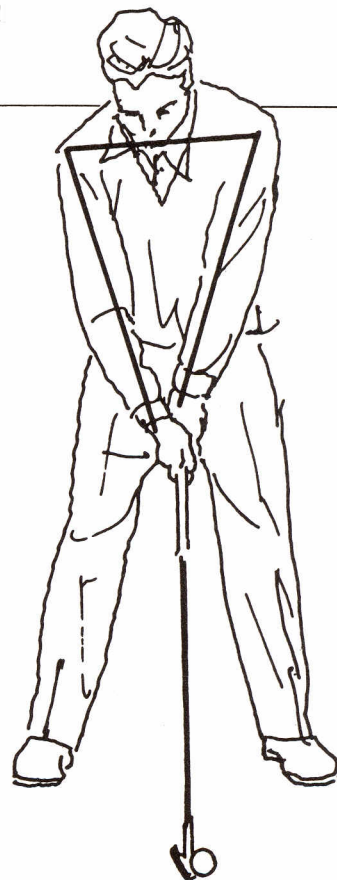
A golfer's body weighs over 100 pounds, while his arms are about 10 pounds. Also see and feel a triangle.

Suggestion:

The most important element of a sound swing's source of power is a transfer-of momentum.

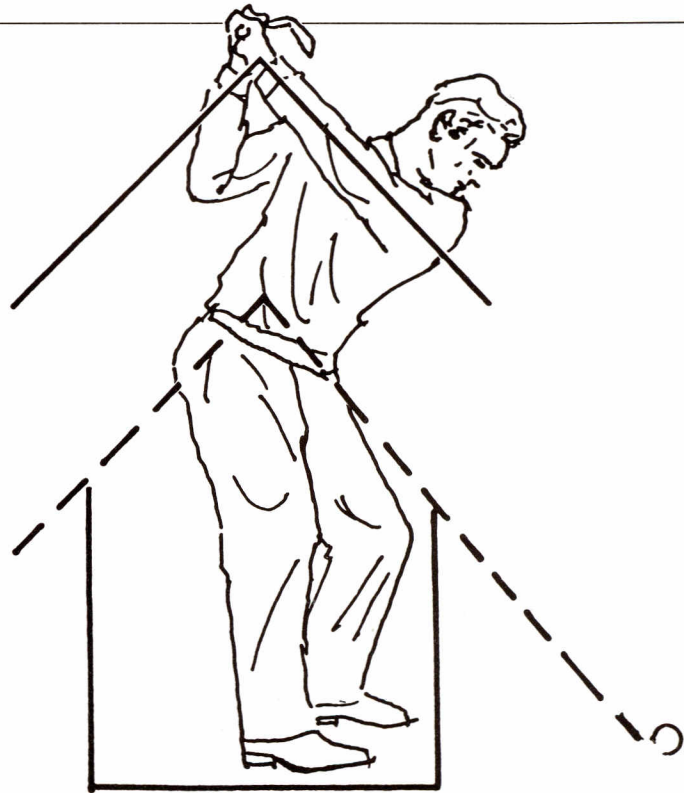
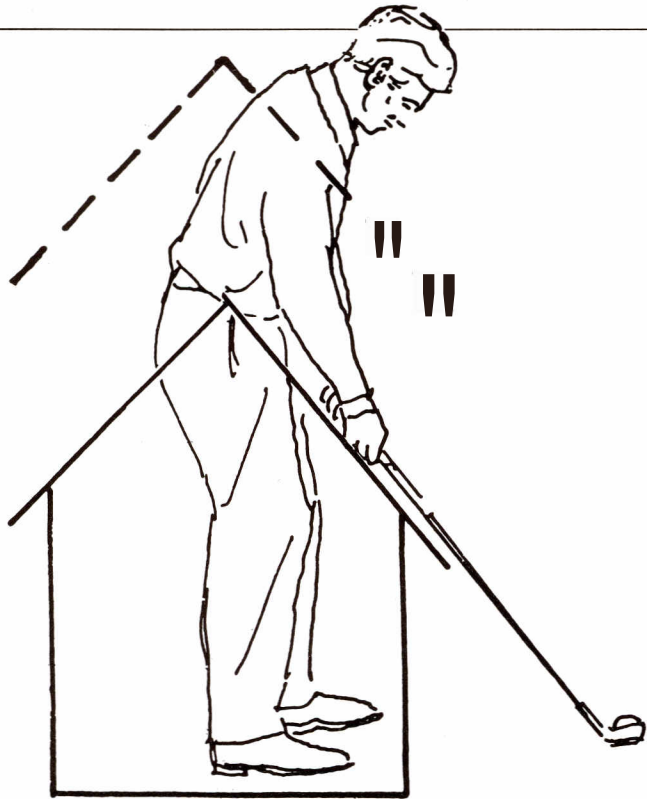
Visualize:

Big moving small, or the inner segments of a system transferring momentum to the outer segments. See and feel the hands, arms and the club being transported by body rotation. The triangle is not moving, it's being moved.



Here is the triangle at address.

Golf Instruction



Clubs are designed with a shaft that sits on a roof-like inclined plane when they are correctly placed behind the ball at address.

If the swing keeps the club shaft parallel to the original shaft angle seen at address, it is on plane.

Some visualizations on how to bring our golf swing to the golf course



When the swing is on plane, the arms stay in front of the body, arms and elbows somewhat together.

THE PLANE

Notice:

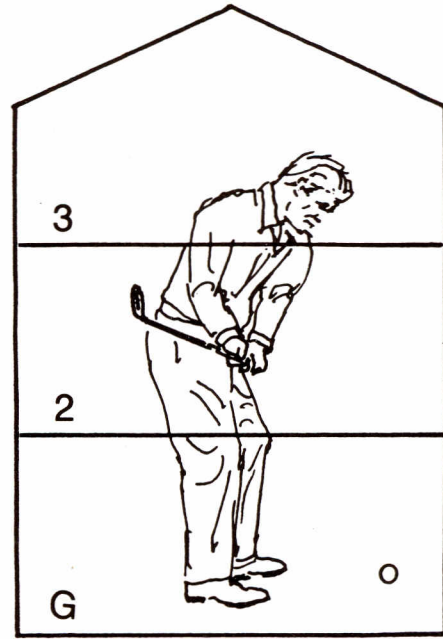
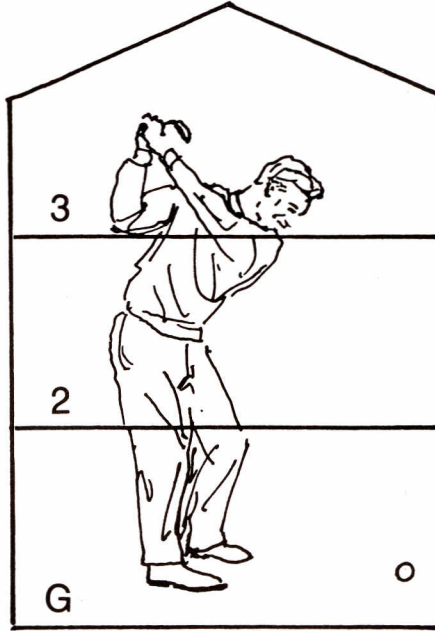
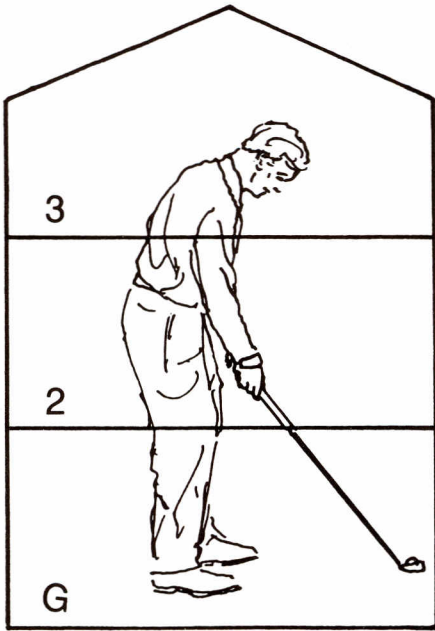
The angle of the shaft, when it is soled correctly at address, is similar to the angle of a roof of a house.

Suggestion:

Sound swings keep the club shaft on plane throughout the swing.

Visualize:

The shaft either is pointing to or parallel to the bottom of the plane during a sound swing.



SWING UP PLANE

Notice:

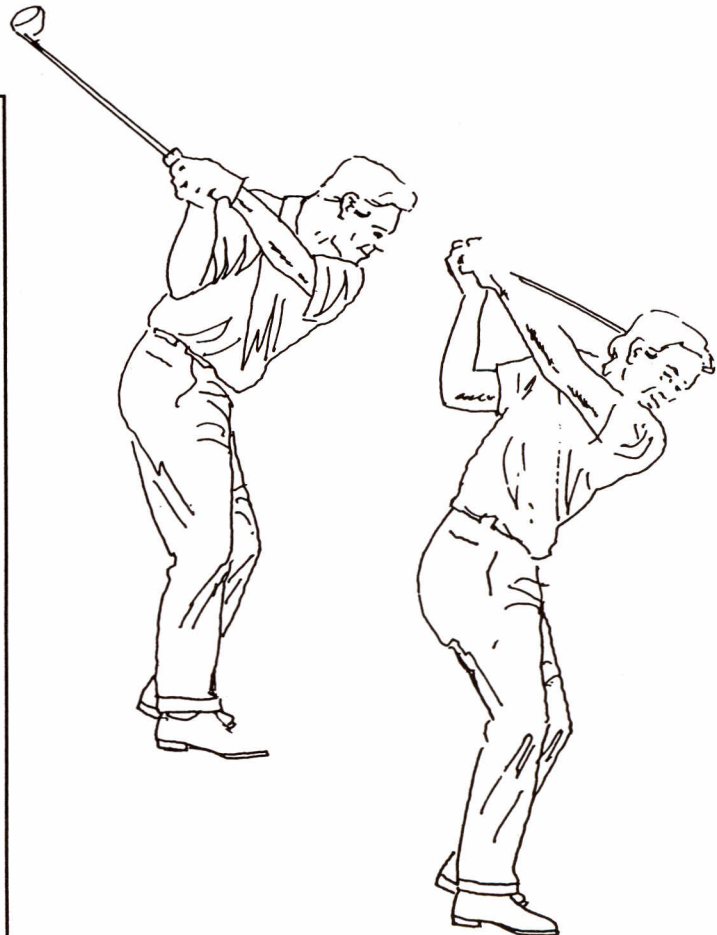
A sound swing transports a player's hands on plane over the right shoulder, and the left arm parallel to or above the shoulders with both elbows somewhat together.

Suggestion:

Unsound back swings, more often than not, are too flat or too much around a player's body.

Visualize:

A golf swing taking place in a three-story house with the club head and shaft pointing at the ground floor at address. The sound swing then goes up the line plane to the third floor. The unsound swing gets off at the second floor and goes around the body.



BACKSWING ONLY INCHES LONG

Notice:

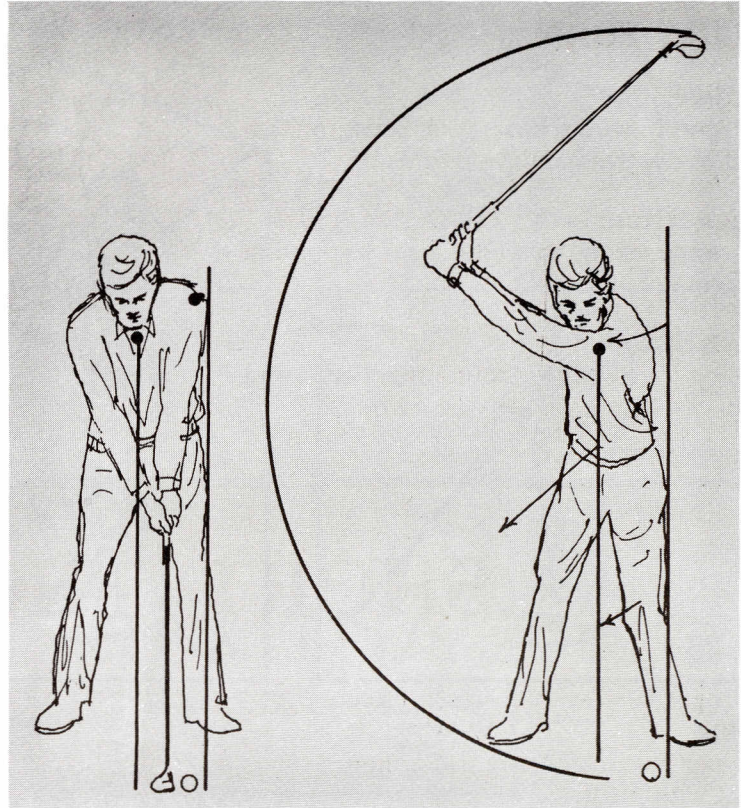
Law: when the inside segment of a system (door) moves a few inches, the outside moves several feet.

Suggestion:

The backswing is only inches long.

Visualize:

When a golfer makes a 90-degree shoulder turn, notice the left shoulder has only moved a few inches, while the club has gone over 10 feet. See and feel the backswing as only inches long for better results.



LEAVE CLUB BEHIND

Notice:

Baseball bats and tennis racquets are left behind as the player makes a change of direction to make ball contact.

Suggestion:

Bobby Jones said, "I have the feeling I've left the club head behind." Golfers who are looking to improve should have the same feel that Bobby Jones, baseball players and tennis players have - the club is left behind.

Visualize:

Doing nothing with the club at the start of the downswing. Just let it follow and lag behind the arms.

