

The 'SLICE' Issue

After receiving many requests from pupils, friends and members to dedicate an issue to what is without doubt the most suffered result of a full golf shot I have seen in 8 years of teaching and 20 years in the game. So much can the suffering be, fully grown men it seems, can feel their masculinity drain from their bodies as soon as they see the ball travelling further away at right-angles from the fairway or green. Or even worse, that these people, young, old, male or female can permit themselves to accept their fate and allow for this shape of shot like it has changed form and disguised itself as their right arm.

However, I feel it is not for me to dwell on this matter in mammoth proportions, so I think the softly, softly approach initially and then full in depth reasoning will help restore order and keep man sufferers masculinity from plummeting through sweat during the winter league matches.



Stop Your Slice Tip #1

Never compromise with your setup and stance....This may be the part you new was coming but there is no way to avoid this matter, sorry. **Correct Grip** (not too weak), **Correct Posture** (one which allows your body weight to maintain over the balls of your feet, allowing the lateral turn/transfer to happen properly), **Correct Ball Position** (three inches inside of left foot on average from a right-handers perspective), and finally and most importantly for those you have given into the 'cut spin' **Correct Alignment** (remember the train track rule, in which feet, hips and shoulders all run parallel to the ball-to-target line). If you feel that any part of these four fundamentals is in anyway incorrect in your game or even you don't understand them then please go and book a lesson today with your club professional as the quicker these principles aren't a problem the better and more enjoyable the game will be.



Stop You Slice Tip #2

Next I would like to talk a little about getting the right equipment and as most sufferers feel that it is their longer clubs that can enhance the problem, I would like to discuss why? Drivers, even though they are one of the most developed clubs in the modern game this still hasn't totally stopped the problem. The main reason for this problem is that it can be very hard to square-up the clubface as the club gets longer if your golf swing isn't strong enough in it's positions. However, technology can help reduce the effect of the 'slice'. Primarily, it is the golf shaft and more importantly it's movement characteristics under force of the swing. Basically it has been proven that a lightweight (55 grams or less for graphite shafts), mid - low flex point, and mid rate torque. Flex and torque are very important as, despite what common thoughts are, lag of the club (shaft bending towards the body on downswing) is out powered by centrifugal force, which pulls the club back down towards the ground closing the clubface in the process. If this all seems too complex to get your mind round, don't worry. All I'm saying is that the shaft really does need to suit your swing speed and strength to allow the process described to happen so that the clubface will square-up to the target more effectively. Other than shaft technology we need to address the spin reducing head technology. The most common are COR face technology (trampoline effect maximising ball velocity as well as reducing spin rate) and offsetting the clubface a few degrees closed to give the golfer more time in which the clubface is square to the target finally loft can help as it can encourage the right type of spin (backspin) which can dramatically reduce 'slice' spin.

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