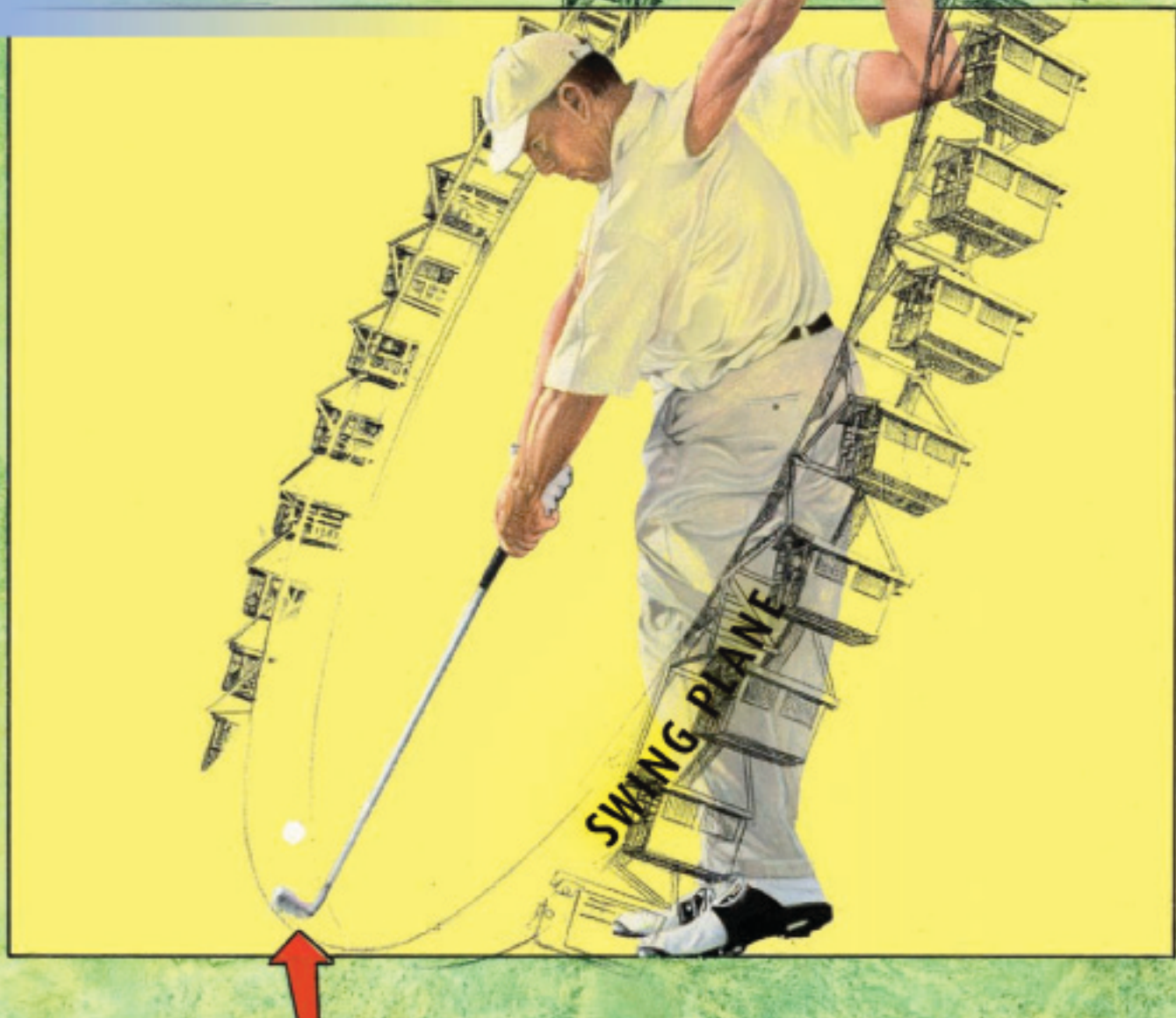


QUICK FIX



Stop Over-the-Top Swings

BY JASON HELMAN, CPGA, Director of Instruction, Wyndance GC, Uxbridge, Ont.
www.johnstonhelmanonline.com

■ One of the most common causes of slicing is what's called the over-the-top swing. But do you really know or understand what that move is? I was blessed to have met and worked with the late Conrad Rehling, a great professional and coach who passed the following analogy on to me in college: Over the top is when the initial motion of your shoulders works in a horizontal fashion similar to that of a merry-go-round. It moves the club off plane with the hands and arms working away from the body on the downswing. The club head stays in the air too long until you finally decide to drop

your hands and arms across your body toward the ball, resulting in a pulled shot with a divot pointed to the right (for us left-handers) that hooks if your clubface is closed and slices if your clubface is open. To fix this, try picturing a ferris wheel on a slight tilt. You need to get to the top of your backswing and feel as though you're pulling the butt-end of the club down with your hands and arms. This move will lead you to a more upright swing plane, getting the clubhead closer to the ground on the downswing with your whole body working together in the proper sequence. ♣

ERIC JOHNSON