

Straight Ahead

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“Your Slice & What You Can Do About It”

By far, the most common issue among my students is the desire to lessen the slice they are witnessing on a regular basis, or even better, turn that slice into a draw.

We know that golf is a game of inches and degrees. With the driver, every mistake that is made in your setup and swing is magnified. All flaws or deviations will become more pronounced.

Assuming that the golfer was aimed correctly to their target area, but created a shot that starts in a direction to the left or to the right of that intended target, (a push or pull) then the issue was that the golfer had somehow altered their armpath on the *Forward Motion (second part)*. If the ball slices, or spins away from that golfer, then the clubface was open at the point of impact. But why?

The two main factors that create opening of the clubface are:

1. A tightening of the grip prior to and through impact.
2. A tendency for the golfer to rotate and uncoil the upper body prematurely.

Both of these issues are mainly because we tend to become overly ball, distance and result oriented. We get ahead of ourselves!

I was working with a student recently, who was beyond the point of frustration with his slice. He was losing distance and having a difficult time hitting any fairway. I had him quiet down the movement in his feet, especially the front foot. I then had him imagine a wall running up from the ball. The idea was to have him keep his visual awareness and head behind this imaginary wall until after the ball was launched. (He was a right-handed golfer, so his visual awareness was to the

right of this wall) Viola! This caused his wrists to unhinge prior to impact and the result was a lessening of the slice pattern and more power. If you can anchor the head and upper body prior to impact, the hands and wrists have no choice but to roll over. Physics takes over and there's less of a tendency to "manufacture" the golf swing.

You may not be able to turn your slice into a draw overnight, but there will be an obvious improvement and you'll be able to build from this. Another bonus, you'll be rewarded with valuable distance and your shots will leave the clubface with much more authority and "crispness".

The mechanics will be working for you rather than against you.

Good luck out there. I hope this helps you straighten out your shots.

If you're a beginner or have been playing for some time but quite frustrated with the state of your game, feel free to give me a call at 613-885-9883 or email me at northstring@gmail.com.

Until Next Time...Straight Ahead!