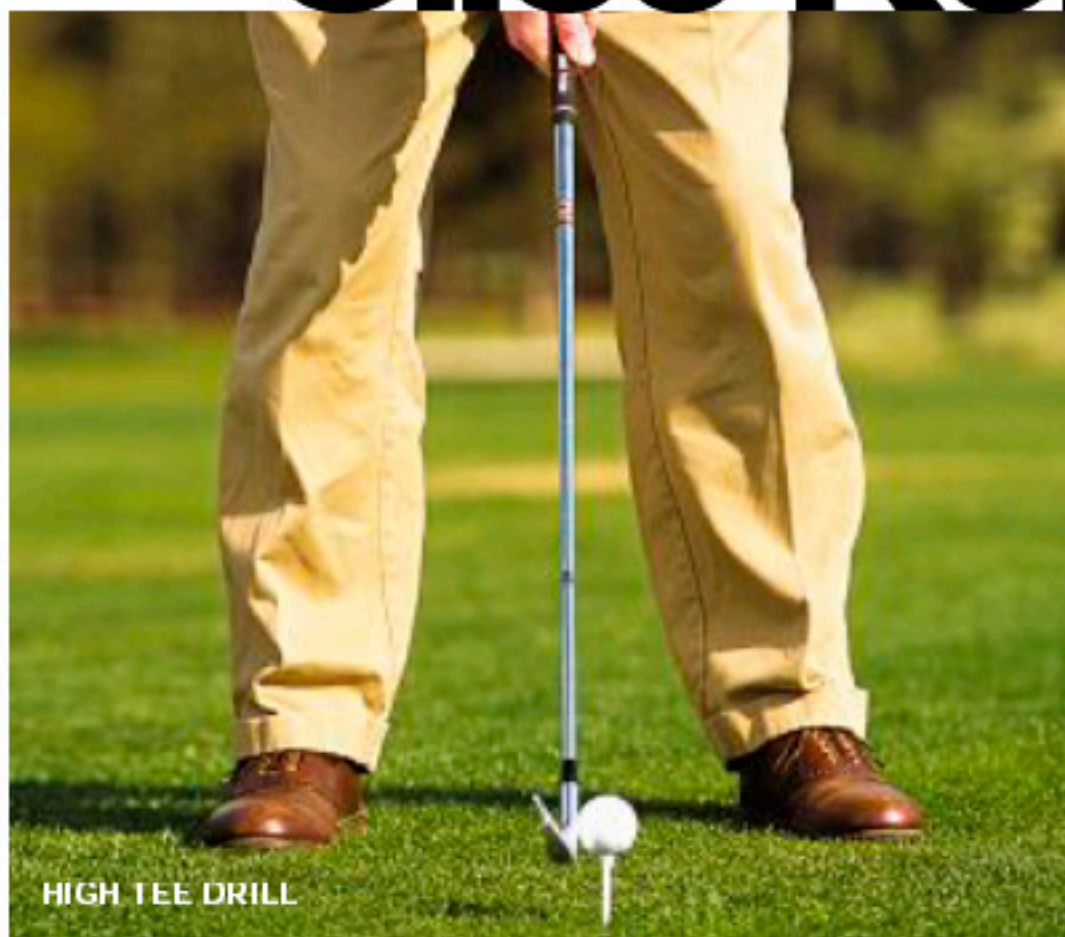
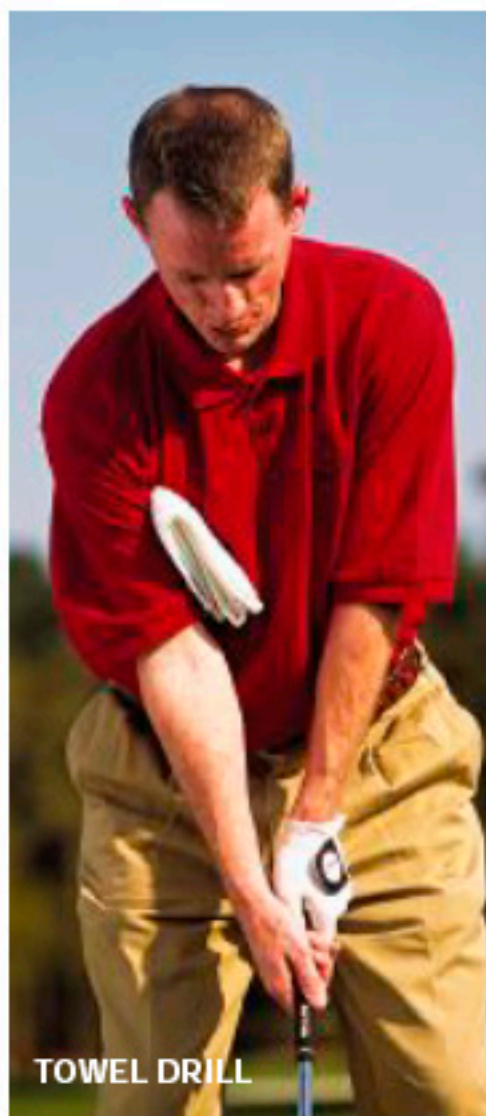


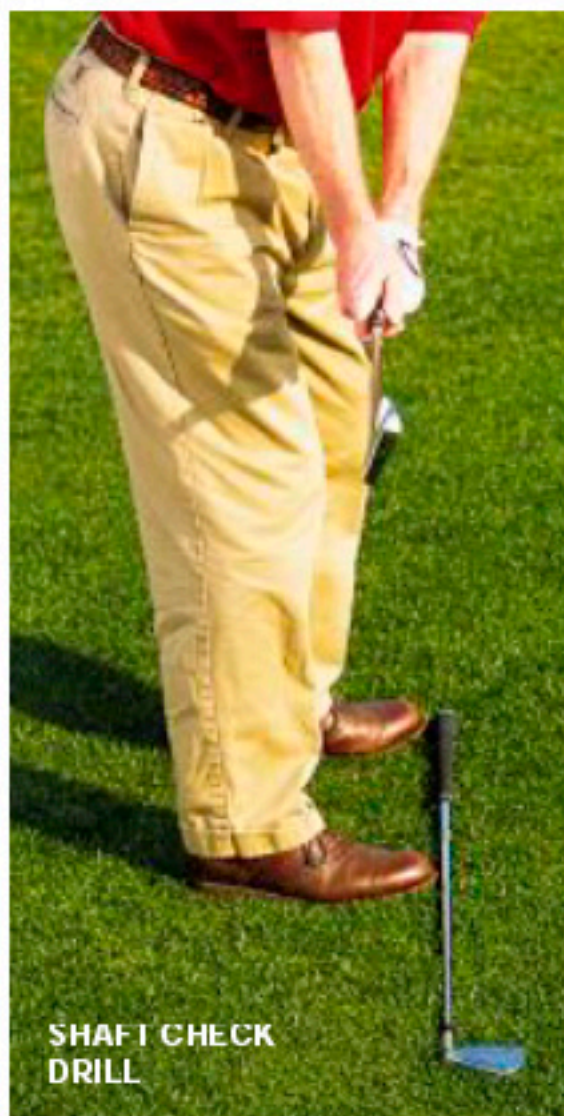
# Slice Relief



HIGH TEE DRILL



TOWEL DRILL



SHAFT CHECK DRILL

Our real-golfer tests find the best drill to fix an upright swing

**L**isten up, slicers. Swinging the club back steeply often leads to a reverse weight shift (toward the target on the backswing), which causes an out-to-in swing path through impact—hence your slice. This month we look at three drills designed to eliminate a steep backswing.

First up is the High Tee Drill, in which the golfer tees a ball as high as possible and hits it with a 6-iron. Next, we have the Towel Drill. Here the golfer tucks a small towel under his right armpit and tries to swing to the top without the towel falling out. Last is the Shaft Check Drill, in which the golfer lays a club in front of his toes, then swings back to hip height, at which point the club he's swinging should parallel the one on the ground.

## THE TEST\*

Forty-five golfers were divided into three groups and randomly assigned one drill. Each group was balanced for age, gender, handicap and golf experience. All shots were hit from a tee with a 6-iron.

Participants made warm-up swings, followed by two warm-up shots. Then they hit five shots, with launch conditions recorded on a Golf Achiever. After this pretest, each golfer was taught his assigned drill and began training cycles: a practice swing using the drill, a shot using the drill, and a second shot trying to apply the drill. Six cycles were followed by a three-minute break. Each golfer completed 18 cycles.

A post-test was conducted under the same conditions as the pretest.

\*Research supervised by Dr. Bob Christina.

continued



### IN MY OPINION

The key to Shaft Check is that it provides a clear visual reference for assessing the takeaway—the shaft on the ground. Based on what we've seen here and in previous testing, it appears that drills that focus on improving the early part of the swing lead to more significant change than those that try to influence the general swing shape, as the High Tee and Towel Drills do. This suggests that the earlier you put your swing on the proper path, the better your chances of keeping it there through impact.

We proved it: This drill can beat the slice.

### THE RESULTS

The Shaft Check Drill tested best for fixing a steep backswing. Participants who trained with this drill flattened their swing plane by an average of 4.67 degrees, which is statistically significant. The High Tee Drill yielded an average improvement of 2.18 degrees, while the Towel Drill showed a 2.01-degree change. These numbers aren't statistically significant.

By routing the club on a flatter backswing path, the Shaft Check Drill increased participants' shot distance by an average of 9.08 yards. No significant distance changes were recorded in the post-test for either of the other drills.

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