

## Fixing your Slice

### Slice check points

#### 1. Diagnostic Checklist

Go through each of the diagnostic questions and fill-in the answer. This will provide an initial record and it will identify the areas of grip, stance, alignment, swing path and clubface position that will need improvement. Every golfer has a different swing. Your body characteristics, injuries, fitness, playing background, personality type, all influence your swing. The following questions will help you identify the unique factors causing your slice.

Do the V.s between my thumbs and forefingers point between my chin and right shoulder?

The V on my left hand points to: \_\_\_\_\_

The V on my right hand points to: \_\_\_\_\_

The V.s point between the chin and right shoulder for almost all good players. If you are tending to slice, you should experiment first with moving your left hand over a bit to the right.

Which way do my shoulders point at address?

Left \_\_\_ Square \_\_\_ Right \_\_\_

The shoulders should be square, that is, parallel to the target line. Put a club across your upper chest to show where the shoulders are pointing. Starting with the shoulders pointing left at address is one of the major causes of the slice. Many factors such as positioning the ball too far forward in your stance or a too firm forward press can cause the shoulders to turn to the left.

Which way do my hips face at address?

Left \_\_\_ Square \_\_\_ Right \_\_\_

The hips should also be square, that is, parallel to the target line. Put a club across the hips to indicate their alignment.

Is my stance square?

Closed \_\_\_ Square \_\_\_ Open \_\_\_

A square stance is the least likely to cause you future problems. Take your stance then put a club down on the ground from one toe to the other.

Do I have swing keys to make sure I start my swing with positive actions and thoughts?

Yes \_\_\_ No \_\_\_ Needs Improvement \_\_\_

Swing keys are the thoughts you think just as you begin to setup for your swing. Their purpose is to give you a consistently positive starting point for each swing. Often, we just plain forget to do the right thing.

Am I balanced at address with a normal width stance?

Yes \_\_\_ No \_\_\_ Needs Improvement \_\_\_

Your weight should be balanced about equally left and right. The weight should be balanced between the center of your foot and the ball of your foot.

On my backswing, does my weight shift to the back foot?

Weight shift OK \_\_\_ Weight shift needs improvement \_\_\_

On your backswing the weight should shift to the right foot.

At impact is my weight moving toward my front foot?

Weight shift OK \_\_\_ Weight shift needs improvement \_\_\_

At impact 80 percent of your weight should have transferred to your left foot. This transfer helps develop power in the swing.

Do I make a complete follow-through and face the target?

Complete follow-through \_\_\_\_ Partial follow-through \_\_\_\_

A full follow-through winding up with the weight on your left foot and facing the target will make it much less likely that you will develop the habit of swinging outside-to-inside.