



**Gareth Johnston**  
Gareth is the  
Head PGA  
Professional at  
Calcot Park Golf  
Club, Reading.

## SWING

# FIND YOUR SWING PLANE

A simple drill to help you find the correct plane for your natural swing

→ **THE TERM 'SWING PLANE'** is widely used in instruction, but it's a concept that isn't easy to define, pinpoint or alter. Simply, the swing plane is the path of the club's journey around the body and it is influenced by forearm rotation and shoulder rotation around the spine's axis. An incorrect

blend of these elements can cause a poor angle of attack and poor clubface position in relation to the swing path, resulting in poor strikes and erratic shots. There is no one correct swing path so it is key that you find the best one for your body shape and swing.

A poor swing plane is often the root

of many faults and bad shots. Practise this simple three-stage drill to help you get into the perfect neutral position at the top of the swing so you're ready to deliver the club into impact down the same arc that the club went into the backswing on. You'll be swinging on the ideal plane in no time.

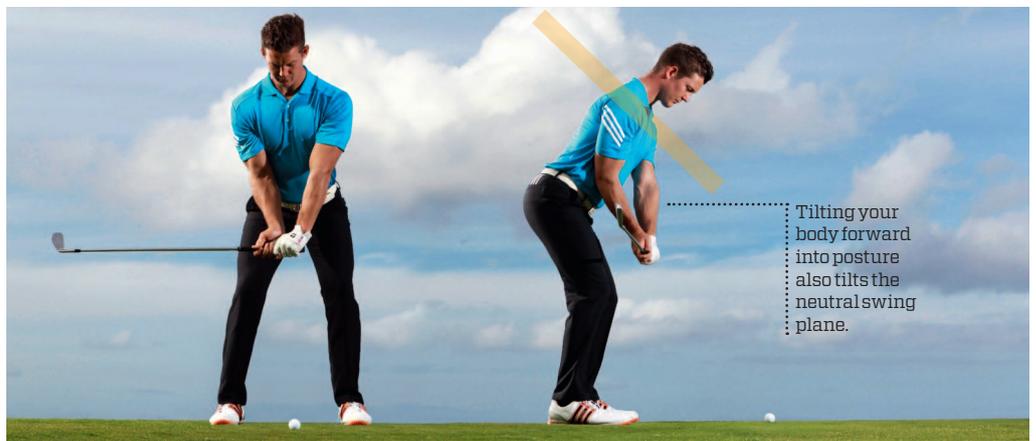
### STAGE 1

Stand up straight but with a slight flex in your knees. Start with your hands straight out in front of you at chest height and the club facing straight up in the air. Then keep your hands in the same position and rotate your forearms by 90° so the back of the left hand is facing the sky and the club shaft is parallel to the ground and pointing straight back parallel to your toe, hip and shoulder line. The perfect neutral plane if you swung from this position would be perfectly horizontal around your body.



### STAGE 2

Move into your golf posture by tipping forward from the pelvis until your shoulders are over your toes and the club sits parallel to the toe line and ball-to-target line. Your hands should be a couple of fist-widths away from your legs. Make sure you maintain a good, athletic posture. Your left arm should be pointing straight down and the clubhead should cover the hands when looking down the line. The toe of the club is pointing skyward.



### STAGE 3

Move the left shoulder under your chin by rotating your shoulders 90°. Your back will now be facing the target with a great wind up against the lower half. The shaft and the left arm are aligned at the top of the backswing, showing there has been no manipulation of the hands and the club has reached an "on plane" and neutral position by simply rotating the forearms and turning the shoulders in harmony. This is the position you should reach at the top of your backswing.

