



**DRILLS MANUAL
&
SELF CORRECTION SYSTEM**

Symple Swing™

"The Easy-To-Learn Golf Swing" "

From Simple Golf LLC
Support@SimpleGolf.com
Website: www.SimpleGolf.com

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Symple Swing™ Drills

The One Hand Plane Drill

Purpose: The one hand plane drill is meant to help you better understand the “swing plane”. The swing plane is the plane that is square to the target line and extends on a line from your front shoulder to the ball.

One of the most misunderstood and important concepts of golf is the swing-plane. Even for those people who understand the concept, executing a proper golf shot by staying “on-plane” is often difficult for them. We will teach you how to consistently maximize your power by staying “on-plane”.

Let’s start with a simple illustration. Without a club in your hand, stand at your address position and extend your front arm and point at the ball with the index finger with the arm fully extended.



Extend your Front Arm and Point At The Ball



Turn Your Elbow Slightly So It “Hinges On-Plane”

Now bend the elbow so your hand comes up to just outside your back shoulder. You have just defined the "Swing Plane." The plane that your upper arm and forearm are on now is the plane that we want the club on during the whole swing from address to impact. By combining the grip which you are about to learn with this unique concept of starting and staying on-plane throughout the entire golf swing we have just eliminated the source of most of the problems swinging a club.



Bend Your Elbow To Check That It's On-Plane.

(Continued on next page)

The Two Hand Plane Drill

Purpose: The purpose of the Two Hand Plane Drill is to help you understand how the motion of the front arm, rear arm and your shoulders work together in the backswing and the downswing to always keep the club “on plane.”

In the two hand plane drill the palm of the front hand stays flat and “on plane”. The shoulders start the backswing. The back hand is just “along for the ride” on the backswing and then on the downswing the back arm straightens, pushing with the hand adding additional speed to the downswing.



The Back Hand Covers The Front Thumb At Address

At address you should remember to turn the front elbow slightly so it points at the target. This insures that if the elbow bends a bit in the top of the backswing that the club will stay on-plane. We don't want the club getting too vertical as that's likely to cause a pull.



The Back Palm Is At 90 degrees To The Front Palm

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As the Shoulder Turns The Front Palm Stays On-Plane

The back hand is held at a 90 degree angle to the palm of the front hand. Notice that the elbow of the back arm goes to your side just above the back hip and stays near that position through the backswing of this drill. At the top of the backswing the back forearm should almost be in a vertical position.

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Horizontal Plane Drill

Clubface Square to Plane Drill

Purpose: The purpose of this drill is to demonstrate how Symple Swing allows you to keep the clubface square (i.e., perpendicular) to the plane the club swings on.

You begin by swinging the club on a horizontal plane which makes it easy to see that the club stays square (always points straight up) during the backswing and downswing.

Keeping the clubface square to the plane is very important. It's one of the big reasons that Symple Swing is the most accurate and most consistent golf swing. Because the clubface is always square during the swing you don't have to worry about the timing necessary to square the club up with the traditional swing.

1. Assume a Symple Swing PowerThumb™ grip
2. Choke down on the club so your bottom hand is actually on the shaft.
3. Stretch your arms out horizontally in front of you. Your forearm should be in-line with the shaft of the club.



The clubface points straight up to start

4. Begin your backswing with your back elbow staying close to your side. During your backswing watch the clubhead. It should always be pointing straight up.
5. Now do the same on the forward swing.
6. Your clubhead should remain pointing straight up during the whole swing.

(Pictures on next page)



The Club Face Stays Square During the Back Swing



The Club Face Stays Square During the Follow Through

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Takeaway Drill

Purpose: The takeaway drill insures that you start your backswing with your shoulders.

Take your normal grip but choke down so your back hand is slightly on the metal of the club shaft.



Choke Down To The Bottom Of The Grip



The Grip Is Held Against the Back Of The Forearm

As you take the club back with your shoulders keep the butt of your club against the back of your forearm. If you start to take the club back with your hands the butt of the club will immediately pull away from the back of your forearm.



Keep Top Of The Grip Against The Back Of Your Forearm

Remember to start the backswing with the shoulders and also to keep the club face square during this drill.



Keeping The Club Face Square

Whip Drill

Purpose: The purpose of the whip drill is to help you learn the correct whipping action of the shoulders in the downswing. You should feel the shoulders whipping the club through the downswing and into the braced front leg.

The whip drill is done by **turning a club upside down** and grabbing the club with only your front hand just below the club head. Put your thumb behind the shaft, with a firm grip take the club back and do a one handed swing. The purpose of the whip drill is to feel the power your up body can generate and to feel the correct position of your body through the swing. It will also help teach you to keep your head still until the very end of the follow through.



**Position your Thumb Behind the Club and
Take Your Address Position**



Begin A One Handed Backswing



Whip Your Shoulders to Start the Downswing

You should feel should shoulders start the backswing. Only later in the backswing should you feel your arms straighten and help increase club head speed.



Continue Whipping The Shoulder

The shoulders continue to power the swing though impact .You should feel your PowerThumb also pushing the club right through impact.



The Club Finishes On-Plane

TwoClub Drill

Purpose: *The two club drill will help you feel the shoulders start the downswing. In the downswing you'll feel your weight braced against your front leg.*

Grip the two clubs using as close to the normal Simple Swing grip as possible. Your front hand should be on the top of the two grips. You should take the clubs back on plane just as you would in a normal Simple Swing.



Use A Close to Normal Simple Swing Grip

During the backswing and the downswing the clubs should stay “on-plane.”



Take the Clubs Back “On-Plane”



Begin Your Downswing With Your Shoulders

As the club approaches impact, and remembering that the bottom of the swing arc is just **IN FRONT OF** the bottom of the ball, you should feel the force of the swing shifting from pushing down on your back leg to pushing against your braced front leg.



The Force Of Swing Start To Shift To The Front Leg



You should feel the Swing Bracing Against Your Front Leg

Just past impact you should feel just a moment when almost all of your weight is braced into your front leg.



Finish Leaning Back Slightly With Head Over Back Knee

As you finish your swing you should be leaning back away from the target at the same angle as your spine angle at address while your head remains over your back knee.

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Back Heel Up Drill

This is a simplified version of the HeelUp and Heel Up Drill

Purpose: *The Back Heel Up Drill is designed to help you learn how to “hit into” or “brace into” your front leg for maximum power.*

This drill has only two elements.

1. Lift your back heel up at address (and keep it up throughout your swing.)
2. On your downswing keep your head over your back knee and feel the force of the swing “brace you” into your front leg.

This is a great drill to practice when just learning Symple Swing or anytime your swing feels a little out of “sync.” Keeping your back heel up in the downswing and follow through (keeping you head over your back knee) insures that you “hit into” your braced front leg. Note: Your back heel only has to be slightly off the ground at address.

(Sorry no pictures)

Support

Please visit the Symple Swing Support Forum at:

<http://www.SimpleGolf.com/forum.htm>

Then we can answer all your forum questions about Symple Swing. You will also learn by reading the questions of other Symple Swingers. You will also receive our monthly "Simple Golf Newsletter." It has tips, questions and answers and articles that will be helpful in learning the Symple Swing and playing better golf. We will also be making announcements of new support services and new products we are introducing in the coming months.

After you have registered for the forum whenever you have a question that need a quick answer you can e-mail your question to Support@SimpleGolf.com

We will try to answer all swing related questions within 24 hours.