

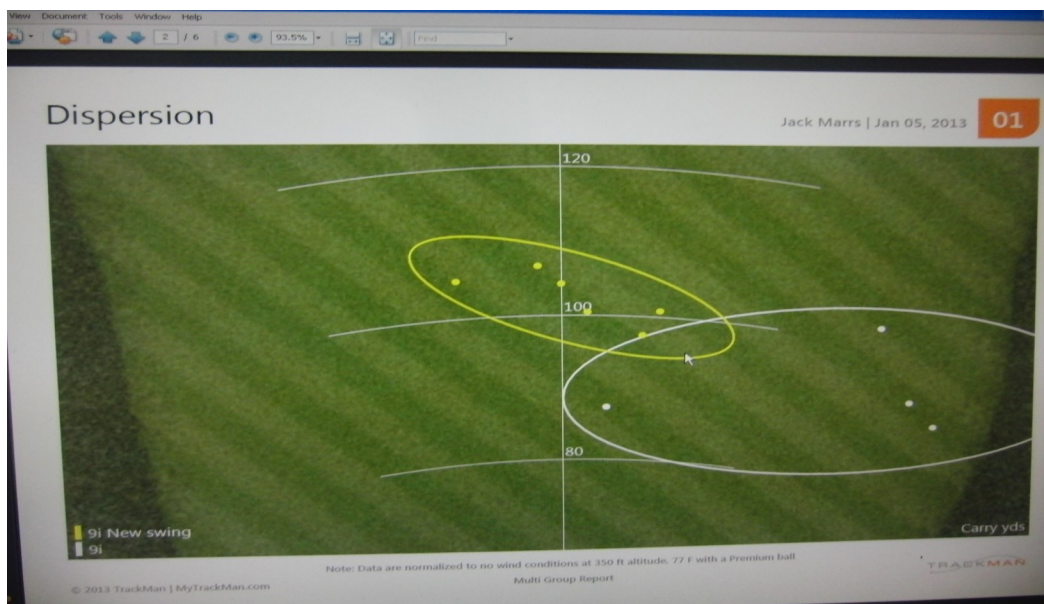
TEACHING JACK TO CONTROL HIS BALL FLIGHT WITH TRACKMAN

CASE STUDY WITH JACK MARRS!

Working with junior golfers is by far the most rewarding part of my job. The case study presented involves one of my junior golfers who picked up the game 2 years ago. Jack first came to one of my junior camps 2 years ago and I have been helping him ever since. The case study shows where Jack was after a lay off during the

winter where he competes playing basketball for a 3 to 4 month period. When Jack came in for his first lesson this year after basketball was over, we had some issues to address. He was having a serious problem hitting behind the ball with his irons that had a ball flight of a huge push for a right handed golfer. The picture to the top right illustrates that the balls in white are from before with the yellow balls after we worked on some things. Jack was missing the ball way to the right because of his swing direction averaging out to 24.8 with a 9 iron over 4 swings. After this I knew that we had to get that swing direction back down the line rather than 20 plus degrees from the inside. I had Jack start to take swings as though he was going to hit a big cut, swinging way to the left of his target. The averages on the top line were the next 6 shots that he hit.

Jack had a hard time believing that his cut swing was down the line and like that he started to make great contact with a -5.1 attack angle rather than a +4.8 with a 9 iron.



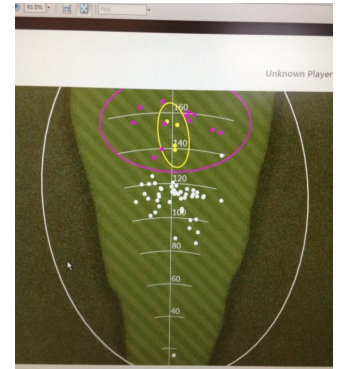
	ATTACK ANG.	SWING DIR.	CLUB PATH	FACE ANG.	CARRY	SPIN AXIS	SID
	deg	deg	deg	deg	yards	deg	ft
New swing	-5.1	1.4	3.3	1.0	102.5	-2.5	3.8R
9i	4.8	24.8	20.7	17.6	93.9	-5.2	82.8R

LESSON #2 WITH JACK MARRS

I scheduled our next lesson two weeks later so that we could keep the swing direction somewhat down the line and the attack angle negative. I had Jack start hitting some 7 irons and to my surprise the swing direction actually was a pinch negative with a negative attack angle. After hitting 49 shots with a swing direction of -5 and a negative attack angle, I let him start to rip his 3 wood and Driver. The averaged results of this lesson are in below.

For Jack it was easy, he thought of swinging to the left and he actually was still a pinch from the inside. Working with a 13 year old and making that big of a change was amazing, I was extremely pleased with the progress and the ball flight, needless to say, so was he! It was easy for Jack to swing down on the ball because his swing direction was more down the line which led to improved contact as well. Something that I hear

often is that if you swing left you'll swing more down on the ball. In this case yes, but not always! Jack was able to straighten out his ball flight and control his misses.



"If you swing more left you'll swing more down on the ball. In this case yes, but not always!"

Adobe Reader

Averages

Unknown Player | Jan 19, 2013

	CLUB PATH	FACE ANG.	SWING DIR.	ATTACK ANG.	SIDE	CARRY
	deg	deg	deg	deg	ft	yds
Driver	4.4	-0.1	7.0	2.4	5.9R	154.4
3w	3.1	0.3	0.9	-2.8	2.1R	147.4
7i	1.1	0.6	-1.6	-4.4	8.4R	110.0

LESSON #3 APPROACH TEST

I had another lesson with Jack 2 months later. This time I wanted him to prove that he could keep his swing direction under control through a approach test where there was no instant feedback on his delievery. I like to do this so that the student has no immediate feedback and has to use the swing thought like they were out on the course. Once again Jack proved that he had contained his swing

Approach Test Summary

LAUNCHER: JACK MARRS WIND: No Wind HUMIDITY: 75% PRINTED BY: TRACKMAN

ALL: Saturday, 16 March 2013 TEMP: 75 °F GROUND TYPE: NORMAL

ATE: 16:53-10:56 ALTITUDE: 0 yds DISTANCE TO PIN: 115 yds TRACKMAN

PRESSURE: 1013 mbar

Shot#	Club	LANDING			Points
		Carry [yds]	Side [yds]	From Pin [yds]	
1		114.7	3.3R	3.3	9
2		113.2	2.8R	3.4	9
3		112.5	5.3L	5.9	8
4		117.7	1.7R	3.1	9
5		116.4	3.8R	4.0	9
6		117.7	12.2R	12.4	6
7		118.3	6.7L	7.4	8
8		115.4	0.6R	0.7	10
9		118.4	2.4L	4.1	9
10		104.0	14.6R	18.9	4
AVERAGE		114.8	2.5	6.3	

TOTAL POINTS : 81

Bulls eye <2yds <5yds <10yds

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LESSON #3 APPROACH TEST TIME!

Here are Jacks statistics from the approach test at 115 yards. I was concerned that after not seeing him for 2 months that his swing would've gone back to being extremely from the inside. Once again Jack proved that he was able to keep the sensation of swinging down the line and control his swing direction and attack angle with a 9 iron. It was time for him to put it to the test on the course the following week during his spring break in Palm Springs!

Shot No	Club Spee [mph]	Attack Angle [deg]	Club Path [deg]	Vert. Swing Plane [deg]	Horiz. Swing Plane [deg]	Dyn Loft [deg]	Face Angle [deg]	Ba Spe [m]
1	68.7	-0.4	2.4	65.9	2.2	34.6	0.6	86
2	67.1	-2.6	1.8	61.4	0.4	31.4	-0.3	86
3	67.6	-2.2	1.7	62.7	0.6	32.0	-2.9	87
4	66.6	-3.1	1.6	67.0	0.3	32.4	-0.9	85
5	66.6	-2.6	3.4	66.0	2.2	34.6	0.0	87
6	67.5	-2.0	2.6	71.4	2.0	35.1	1.6	86
7	67.7	-1.6	4.5	66.9	3.8	30.9	-3.6	91
8	66.6	-2.1	3.2	65.0	2.2	31.9	-2.4	87
9	66.4	-3.2	1.4	64.1	-0.2	32.7	-2.5	87
10	66.6	-3.4	1.8	63.2	0.1	36.0	5.8	71

“Hola, this is your one and only student Jack Marrs. I shot a 79 at Escena Golf Club, my lowest ever!”

		escena GOLF CLUB																					
		COURSE RATING/SLOPE																					
		TOURNAMENT 74.2/130																					
		CHAMPIONSHIP 71.1/124																					
		MIDDLE 69.5/120																					
		LADIES' MIDDLE 75.5/135																					
		FORWARD 71.2/125																					
HOLE		1	2	3	4	5	6	7	8	9	OUT	10	11	12	13	14	15	16	17	18	IN	TOT	H
TOURNAMENT		611	414	199	562	245	398	348	163	437	3377	445	419	223	554	462	502	415	240	536	3796	7173	
CHAMPIONSHIP		563	371	171	522	212	363	301	152	406	3061	411	390	202	536	438	472	379	213	513	3554	6615	
MIDDLE		522	346	149	496	190	345	270	129	384	2831	390	369	178	512	408	424	363	180	460	3284	6115	
FORWARD		483	312	126	436	160	305	252	117	338	2529	360	315	154	469	368	412	312	167	417	2974	5903	
HANDICAP		1	7	15	3	11	9	13	17	5	10	18	14	2	8	6	16	12	4	21			
J#		6	5	4	5	4	4	3	4	3	4	4	5	4	5	4	5	5	3	5	4	7	
L#		6	5	5	6	6	4	6	6	5	6	6	6	6	7	6	6	7	7	5	6	6	
PAR		5	4	3	5	3	4	4	3	4	35	4	4	3	5	4	5	4	3	5	37	72	
DATE:	PLAYER:																					MARKER:	

FIRST TIME IN THE 70s!

I was extremely pleased with a text that I had received from Jack that stated, “Hola, this is your one and only student Jack Marrs. I shot a 79 at Escena Golf Club, my lowest ever!” As an instructor this is one of the best feelings, a sense of accomplishment. Putting up a score in the 70’s was a huge accomplishment for Jack and I was extremely proud of him. He made a change from a path of over 20 in January to a path of 2.4 in our latest approach test. Trackman played a major role by instantly showing Jack that his path was extremely inside out contributing to pushed shots and inconsistent contact. Looking forward to a strong 2013 summer for Jack Marrs thanks to Trackman!

