

BLUEPRINT TO CONSISTENCY

A Step by Step System To Lower Scores

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OVERVIEW

Welcome back to Blueprint to Consistency. This series is based on results with over eleven thousand “average” golfers who have discovered the three essential elements that are the foundation for consistency.

In part one, we looked at the three ingredients found in every effective grip. In case you missed it, [here is the link](#) to the video on Youtube.

In part two, you discovered a simple three step formula for developing a consistently balanced address position with every club.

[Here is the video link](#) to part two.

At normal speed, these elements are invisible to the naked eye. When we look at slow motion video, you can see the three key positions that are integral in every effective swing.

Just a quick caveat.

Everything in this series is based on hitting the ball straight. Once you understand the basic swing positions, then you can fine tune the positions to shape your shots.

PART ONE: The Basic Swing Motion

The first position occurs when the shaft is parallel to the ground. You will see several Tour players (like Rickie Fowler) rehearse this position several times as part of their pre-shot routine.

Why is this position important?

The direction the shaft is pointing determines the direction the ball starts.

Imagine the backswing and followthrough as cause and effect.

The angle of the clubface determines the direction the ball curves.

When the club is waist-high in the backswing, the toe of the club should point up (ie. to the sky). This position indicates a square clubface.

If the toe of the club is pointing to the left, the clubface is “closed” which leads to a low (left) trajectory. If the toe of the club is pointing to the right, the clubface is “open” which portends a (high) slice.

Visualize the followthrough as a mirror image of the backswing

SUMMARY

Every aspect of the swing can be reduced to three essential elements.

The worlds’ best players pass through the key positions at different stages.

The first part of the basic motion occurs when the club is parallel to the ground in the Backswing. The second position is a mirror image position in the followthrough.

First essential: *The shaft is in line with the target.*

This position determines the direction the ball starts.

Second essential: *The toe of the club points "up".*

This position determines the quality of contact.

Feel free to email if you have any question/comments:

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See you Monday, July 20 for the first issue in our Simple Drills series.

Have a great weekend!

Dave.

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