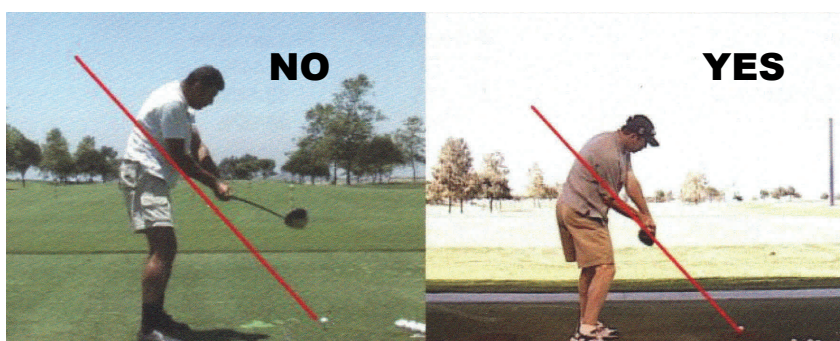
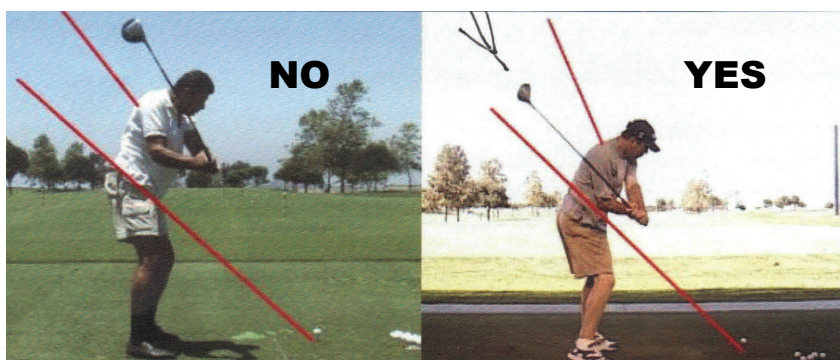


GOLF TIP OF THE MONTH

PHYSICAL CAUSES OF THE “OVER-THE-TOP” MOVE

The “Over-The-Top” move is the most common swing issue that haunts most of my high handicap clients. Overuse of the upper body during the downswing causes this to happen. The club is thrown outside of the intended swing plane, which causes the clubhead to approach the ball in an out-to-in motion on its way to impact. If the clubface is square to the approach line of the clubhead, a pull will result. In this case, the ball usually goes low and left with increased spin for right-handed golfer. If the clubhead is open, a slice will occur and the ball may have increased loft and spin. In both cases, the golfer will lose power and accuracy.

This motion is usually caused by a physical issue. It is important to develop a proper sequence of motion during the downswing where the lower body initiates the move. If the golfer is not able to do this, the upper body will dominate and throw from the top, causing the over-the-top swing plane. The golfer must have the following physical abilities in order to sequence the swing properly:



- Be able to separate the lower body from the upper body. Reduced spinal and hip mobility limits this from happening.
- Stable core (strong abs) in order to maintain posture during swing.
- Good balance on each leg (especially on the lead side). If the golfer has limited weight shift ability, the lower body's contribution to generating power during the swing is reduced.

If your golf swing fits this description, book a lesson right away. There are several tests that I use to pinpoint the

area of the body that is inhibiting the motion. I have teamed up with Andrew Castelein, physical therapist and Certified TPI fitness trainer who works with my clients to improve their golf motion in just a short time. There is no need to continue to suffer with a chronic slice or hook any longer!

Compliments of:

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