

## SLICE CURE NO.3: CHECK SET-UP & GRIP

A slice is the average golfer's worst problem and one of the most frustrating shots in the game. This is particularly true for tee shots as you find yourself playing from some other fairway or out of the bushes all day, which makes it a long day on the golf course.

To solve the problem you first need to work out what kind of a slice you have.

Is it the kind that starts to the left of the target (or right-handers) and curves back to the right? This is a pull slice (pic 1).

Or is it the kind that starts right of the target and bends even further to the right? This is a push slice (pic 2).

Knowing which way you slice will determine how best to straighten out your ball flight.

### THE PULL SLICE

The pull slice is a product of a poor swing path. The clubhead approaches the ball on a steep angle and on an outside-the-target-line to inside-the-target-line path. This puts slice spin on the ball because the clubface is actually cutting across the ball rather than meeting the back of the ball square. This swing path is caused by an



overuse of your upper body, particularly your arms and shoulders on the downswing.

To fix the problem, start off by examining your grip. I suggest you aim for a 'stronger' grip, where both hands turn to the right more on the grip so you actually see two knuckles on your left hand. The 'V' formed by your thumb and index finger on your right hand should point between your right ear and shoulder (pic 3).

After checking your grip, make sure your feet, hips and shoulders are parallel to the target line. Too many club golfers align their body line at the target – or too far right of the target – which only encourages an out-to-in swing path. Check yourself by placing a club across your toes, hips and shoulders to help correct your aim.

Also, lower and relax your right arm at address. Most pull slicers have their right arm sitting too high and tense at address, which is usually caused by an incorrect grip.

Here's a simple drill to help you get the feeling of hitting into the ball on an ideal swing path and then extending through the impact zone.

Pull slicers need to feel the right arm and hand turn over the left hand through impact.

Place a ball on a tee and put your left hand behind your back and make some swings with only your right hand. This drill will help you feel the correct release and extension of the right side. It may feel a bit strange at first but keep trying and you will get the feeling you need.

### THE PUSH SLICE

The push slice is the result of a combination or one of the following factors:

- Your clubhead swings down too much from inside the target line;
- Your clubface is open at impact;
- Your hips are too active on the downswing and the arms can't catch up in time for impact;

- Your hands have to be too active to compensate for the open clubface at impact;
- Your tempo and balance is poor. Here's what you need to do.

Firstly, check your left-hand grip (for right-handers). Place the club more across the base of your fingers as most push slicers have the club positioned too much in the palm of the left hand.

As is the case with pull-slicers, push-slicers also have alignment problems. Check your feet, hips, shoulders and are parallel to the target line.

Also, make sure the ball is always positioned in line with your left heel, for the driver (pic 4), and in the front half of your stance for shorter clubs as push-slicers tend to play the ball too far back in their stance.

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