

SWING CONE PT1

SKILL



ROUTINE

The Swing Cone refers to the desired ball flight path we want the golf ball to follow.

Imagine a straight line from the ball to the target—this is the centerline, which remains constant regardless of the shot shape you choose to hit, as it represents the ideal result. For example, if you're aiming to hit a draw, the right edge of the cone will be your starting line, and the centerline will be your target. The larger the draw, the wider the cone will be.

Part 1: Creating Your Swing Cone

To start, you'll need to physically create your swing cone. Use a 6 or 7 iron for this drill, and if available, a piece of string or rope (or alternatively, an alignment stick). Begin by stretching a piece of rope (or placing an alignment stick) about 1 meter in front of the ball, directly toward the target. This represents the ball-to-target line, or the centerline of your swing cone.

Next, decide on your preferred shot shape for the drill—either a draw or a fade. In this example, we'll focus on a draw as the desired ball flight.

The Drill

The goal of Part 1 is to successfully start your shot to the right of the centerline and apply some leftward curve to the ball (as we're working on a draw). If you can consistently start the ball right and achieve the desired curve, you'll know you are creating the correct in-to-out swing path, with a clubface closed to that path—key elements for producing a consistent draw.

If your ball starts left of the line and produces no curve (a pull) or rightward curvature (a fade or slice), it indicates that your swing path is out-to-in, which is the opposite of what's needed for a draw.

Key Focus for Part 1

In this first stage, the goal is purely to establish the correct starting line and curvature. Don't worry about the ball's final result just yet—that will be the focus in Part 2.

Feel free to try this drill with any club in your bag, but keep in mind that more lofted clubs will curve less, while less lofted clubs will tend to curve more.