

'Visual channel' drill can stop the slice

16: A drill to prevent you from 'coming over the top'

A HIGH percentage of golfers slice their golf shots.

That means they are approaching the ball from the outside to the inside of their target line during their down-swing.

Mostly this is down to set-up position, back-swing, or both.

But if your set-up and back-swing are fine - but you are still coming over the top of your back-swing path - here is a drill for you.

The first photo shows a steeper 'over the top' start to down-swing.

The second shows 'a visual channel' where you lay down a club either side of your ball, both at the same angle pointing about 30 yards right of your target.

Now, from the top of your back-swing, the idea is to feel you are swinging your arms and club down the channel as if you were hitting the ball to the right of your target.

The reality is more like the third photo where the club is coming down on the correct line, where your club-shaft points at your ball (target line) halfway down.

This is known as feel and real because, if you are trying to make improvements in your golf swing, you need to work on exaggerations in order to make changes.

● For details on Andy Lamb Golf Academy visit andylambgolf.com.



● Andy Lamb demonstrates a drill 'to prevent you from coming over the top'

PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips



ANDY LAMB
PGA ADVANCED PROFESSIONAL