

Trackman 101 Revisited

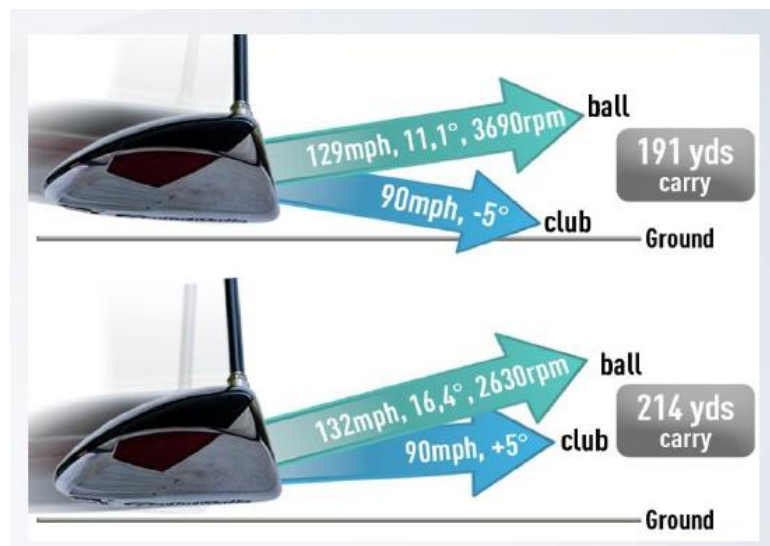
There are some basic definitions and concepts which every player can learn and benefit from whether they are using a Trackman or are on the range without one. In my recent YouTube series, I discussed these Trackman Fundamentals and I'd like to revisit some of these definitions and concepts now. Also, please keep in mind this article is based on a golf shot which is struck in the center of the face and a right handed golfer. To learn more about what happens on off center hits, visit my website www.scottsackett.com/TrackmanTips

Face Angle: Face Angle is the most fundamental concept which a player can wrap their arms around. Without getting into too much detail, Face Angle is the primary force driving where the golf ball starts. It is important for a player to gain awareness while practicing as to where the golf ball starts in relation to their target line (R/L). This can be accomplished by using an alignment rod or string on your target line (seen below.)



Club Path: Club Path, or where the golf club is moving through impact, is the force driving curvature in a golf shot. Assuming a Face Angle of zero (square to target line) a club path moving to the right (in to out) would produce a draw and a club path moving left (out to in) would produce a fade.

Attack Angle: Attack Angle is the amount up or down a player hits at the ball. With driver, it is imperative the average golfer hit UP at the ball. . At 90 mph, an Attack Angle of negative 5 (down) versus positive 5 (up) will result in a shot carry differential of 23 yards!



To Summarize, the ability to comprehend just a few of the many Trackman definitions and concepts can result in a dramatic improvement to one's understanding of their own ball flight. To get the most out of these 3 Trackman fundamentals, try this:

- 1) Get in tune with where you golf ball starts. Adjust the Face Angle opposite of where the ball is starting to change your ball flight.
- 2) Note how your ball is curving. If it is curving too much one way, try moving the Club Path towards the direction the ball is moving. (Hooking, swing more left. Slicing, swing more right.)
- 3) Hit up at driver! Tee it high & Check your ball position. I recommend putting it off your left big toe. As the ball moves back in your stance, it becomes increasingly difficult to hit up at the golf ball.

For more on Trackman's fundamentals, visit the Trackman portion of my website at www.scottsackett.com/trackman or check out my YouTube channel at www.youtube.com/scottsackettgolf!