



The Swing Model

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The Swing Model

Prologue

The Swing Model is a simple guide of the complex art of the efficient golf swing. This booklet is founded on years on studying some of the best swings in the world. I have studied the best PGA players who share some of the most successful, proven swing techniques in the game. To understand the mechanics of the most efficient swing I have broken it down in a 9 key steps in this booklet. I have developed this booklet with you, and players of all level in mind. Moreover I hope that it will help you enjoy the game as much as I do.

Hector Zapata

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The Swing Model

POSITION ZERO – Set Up

The Grip, Alignment, and Posture are the most important fundamentals of the golf swing. Before the start of the swing, the stance must facilitate a good turn of the body on the way back and good clearance of the hips through impact.

Check Points:

1. Legs Stance shoulder width.
2. Back foot turned out 5 degrees.
3. Front foot turned out 15 degrees or at the 11 O'clock position.
4. Butt out.
5. Arms hanging straight down creating a triangle with the shoulders.
6. Knees slightly flexed.
7. Chin up with head slightly to the back shoulder.
8. Ball positioned opposing the front heel for a driver, in the center for short irons and slightly forward of the center for middle irons.
9. Hands are aligned in front of the left thigh.
10. Back bent straight about 30 degrees.
11. Grip V's should be pointing to the back shoulder.
12. Alignment. Feet, hips, knees and shoulders must be parallel to the target line. (Train rail road tracks to the target).

Face On



Down-Line



Front-Line





The Swing Model

THE WAGGLE

The Waggle is the preparatory movement of the club, hands, wrist and arms. It is actually part of the pre-shot routine in order to relax the muscles. Every golfer has their own Waggle.

POSITION ONE – Take away

The first action of the backswing should be a one-piece movement (shoulders, arms, hands and club move together).

Check Points:

1. Head and back knee are kept still.
2. Front shoulder rotated 10- 15 degrees.
3. Front arm and shoulder become one piece.
4. Club face pointed to the ball.
5. Both feet stay firmly on the ground.

Face On



Down-Line



Front-Line





The Swing Model

POSITION TWO – Halfway Backswing

The club, arms, and shoulders have stayed connected to this point, swinging as a unit and basically in front of the chest.

Check Points:

1. Keep the head still (allow no more than 5 degrees of rotation).
2. Front shoulder rotates 30 – 40 degrees,
3. Hips rotate 15 – 20 degrees,
4. Front arm remains extended.
5. Back elbow begins to fold.
6. Club-shaft parallel to the ground and target line.
7. Toe of the club pointed skyward.
8. Front knee moves forward as a result of torso rotation.
9. Back knee remains still. The same amount of flex as when you started. (Position-Zero)
10. Both feet stay firmly on the ground.
11. Most of the weight now shifted to the back foot .

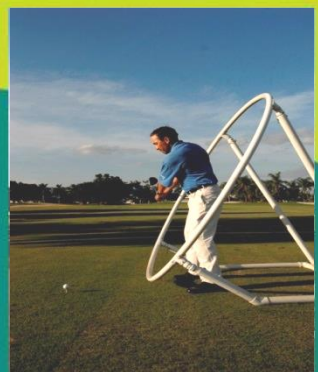
Face On



Down-Line



Front-Line





The Swing Model

POSITION THREE- The three Quarter Backswing

The wrists should be completely cocked, forming a 90 degree right angle. Thus, showing an L – like position between the left arm and the club shaft.

Check Points:

- 1 . Head remains still, keeping the eyes behind the ball.
- 2 . Shoulders rotate over 80 degrees.
- 3 . Hip turn should not go beyond 45 degrees.
- 4 . Back elbow continues to fold.
- 5 . Front arm extended and parallel to the ground.
- 6 . Wrists are cocked and the club shaft points to the ground.
- 7 . Front knee is pulled behind ball.
- 8 . Back knee remains still. The same as in position zero.
- 9 . Both feet stay firmly on the ground.
- 10 . Weight is inside of the back knee.
- 11 . Maintain pelvic tilt.

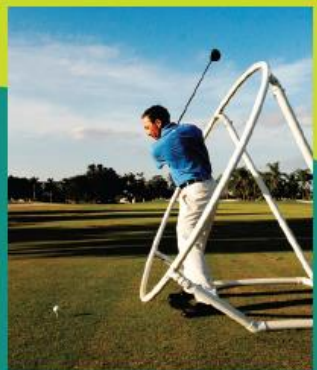
Face On



Down-Line



Front-Line





The Swing Model

POSITION FOUR – Top of the Backswing

The length of the full backswing depends of your physique and flexibility. Ideally your hips should turn about half as much as your shoulders or less.

Check Points:

1. Keep the eyes on the ball.
2. Shoulders rotate more than 90 degrees, depending on length of club.
3. Hips rotated 45 degrees or less.
4. Back arm continues to fold, giving more extension to front arm.
5. Front arm remains straight.
6. Front knee remains still.
7. Back knee remains still.
8. Both feet stay firmly on the ground.
9. Pelvic tilt constant.
10. Weight is inside of the back knee.
11. The front wrist is marginally cupped which ensures a square club face.

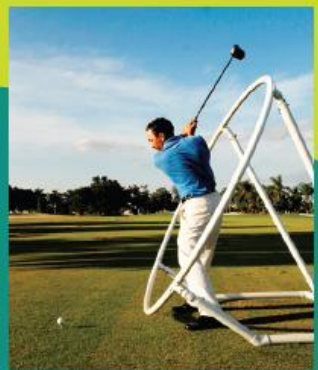
Face On



Down-Line



Front-Line





The Swing Model

POSITION FIVE – Downswing to the ball

The lower body initiates the forward swing just before the upper body finishes going back.

This is a crucial moment in the golf swing.

Check Points:

1. Eyes focused on the back of the ball.
2. Front knee moves towards the target.
3. Front hip starts to clear.
4. Shoulder and torso unwind.
5. Hands are not doing anything.
6. Front arm pulls down maintaining a 90 degree angle with club – shaft.
7. Back elbow close to the hip.
8. Front leg starts to straighten.
9. Both feet stay firmly on the ground.
10. Compare to POSITION FOUR . With spine angle remaining the same.

Face On



Down-Line



Front-Line





The Swing Model

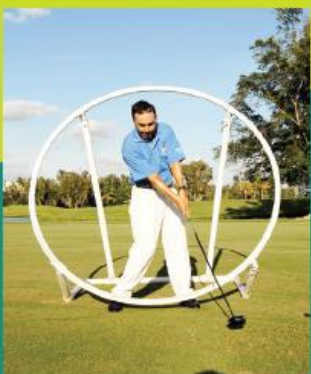
POSITION SIX – Impact

At impact the club face is square, the angle of approach is on the correct path and the correct plane, the center of the club face contacts the ball, and the club face travels at the maximum speed.

Check Points:

1. Head down behind the ball.
2. Front shoulder rotated up.
3. Both arms close to the body.
4. Front side of front wrist is flat.
5. Back side of the back wrist is cupped.
6. The shaft should be lined up with the front arm.
7. As the front leg straightens, front hip opens up.
8. Back heel starts going up.

Face On



Down-Line



Front-Line





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POSITION SEVEN - Follow through

Everything that happens here is a result of what you did in the last six positions. At this point your back arm is parallel to the ground.

Check Points:

1. Shoulders are relatively square to the target line.
Front shoulder is up.
2. Club-shaft is in line with the back arm and fully extended.
3. Club-shaft is parallel to the target line and the toe of the club is pointing skyward.
4. Back heel is half way up.
5. Front leg is straight.
6. The head should come up and eyes should follow the ball once it is away.

Face On



Down-Line



Front-Line





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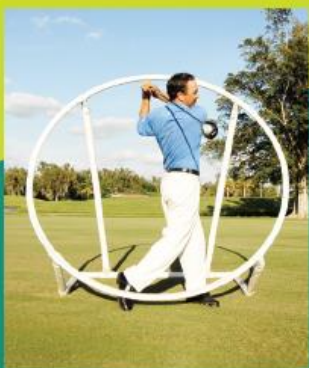
POSITION EIGHT – Finish

Once the swing is completed the hips and shoulders are fully rotated with the stomach facing the target, and the back shoulder closer to the target than the front; the club is behind the head, the weight is completely in the front foot and the back foot is up on it's toe.

Check Points:

1. Both eyes looking at the target.
2. Back shoulder is pointing at the target.
3. Front leg is straight.
4. Back heel is up completely, toe is on the ground.
5. Back knee close to the front knee.
6. Body in balance holding the finish position.

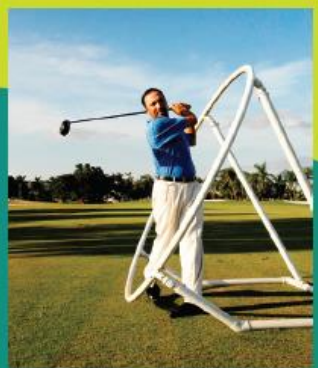
Face On



Down-Line



Front-Line





"Golf teaching is not a pure or exact science."

The Swing Model was designed based in a circle as shown above in order for students to understand the mechanics of the motion of the golf swing. Zapata Golf Academy has developed a great tool for students of all levels.

Professional Instructor

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