

## ***Swing Plate***

During your golf lesson, you hit solid golf shots. After your lesson, your troubles start again. Now you have a tool that provides you with instant feedback, even when you practice alone. With ***Swing Plate***, you will improve your swing and become a more consistent player.

### **You can control your progress with the *Swing Plate*.**

The tool provides you with opportunities to swing correctly.

At the same time, the ***Swing Plate*** immediately shows you what you are doing wrong, so you can correct it. The tool can be used both indoors and outdoors, as well as by right and left-handed players.

The ***Swing Plate*** can be used as a supportive tool during professional lessons as well as during individual practice.

There is a individual setup of the ***Swing Plate*** for beginners and professionals.

Several swing factors influence optimal ball contact. The ***Swing Plate*** can improve the following factors:

- ✚ Aiming
- ✚ Start of the Backswing
- ✚ Club path
- ✚ Hitting the sweet spot
- ✚ Angle of attack



## Practicing with irons

### Aiming:

Align the middle line of the **Swing Plate** to your target. Place the ball and clubface between the indicated markers.

### Start of the backswing:



A good golf swing starts with a proper start of the backswing. Take the club back in a straight motion, without contacting the brushes and the surface of the **Swing Plate**.

### Club path:



During the downswing, swing the clubhead between the brushes without contacting them, in order to hit a straight shot.

If you are swinging over the top or swinging too far inside, you will contact the brushes of the **Swing Plate**.



If you are swinging **a.** over the top or **b.** swinging too far inside, you will contact the brushes of the **Swing Plate**.

## Angle of Attack:

Hitting the ball first rather than the ground is essential for hitting consistent golf shots.

The **Swing Plate** provides sensory and acoustic feedback if your club hits the ground too soon (lifting the ball). A steep attack angle.



For rough and divot lies, can be practiced by adding a second ball in the middle compartment.

Swing through the gate on the downswing without contacting the second ball and the club head will hit the ball first.

## Hitting the sweet spot



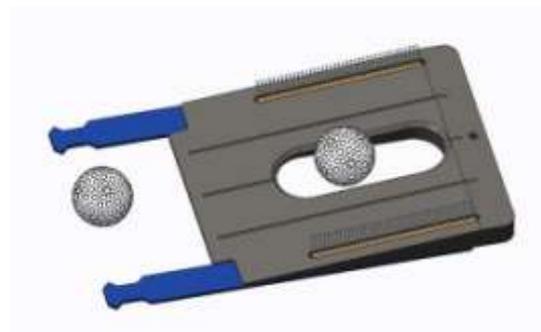
Place the ball between the sides of the **Swing Plate**. The sides can be adjusted depending on the strength (accuracy) of the player's swing.

In order to hit the middle of the ball, swing through the ball without hitting the sides of the Swing Plate.

## Setup



**Beginner**



**Professional +**

## Training with the Driver



Turn the **Swing Plate** 180° and place a tee in the middle hole.

Place the ball on the tee. Let's get ready to swing.

When driving the ball, aiming and the backswing are identical to iron shots.

In the follow-through, swing the clubhead of your driver between the brushes without coming into contact with the **Swing Plate**. You will contact the ball from the bottom up, allowing for a higher trajectory and less spin. This will allow you to achieve maximum distance with your drive.

In the follow-through, swing the clubhead of your driver between the brushes without coming into contact with the **Swing Plate**. You will contact the ball from the bottom up, allowing for a higher trajectory and less spin. This will allow you to achieve maximum distance with your drive.

A common error when driving the ball is a too steep angle of attack. This creates a high spin rate, causing the shot to lose distance. Create a vertical angle of attack of 3° when hitting the ball. The **Swing Plate** is designed with an angle of 5° to strengthen the training effect. Focus on swinging the club over the ramp (from the bottom up).

## **Swing Plate General Recommendation**

The **Swing Plate** is a training tool that offers you instant feedback on how to improve your swing. Alternate your training by hitting shots with the Swing Plate and then without it. This will allow you to develop a feeling for your swing. With the Swing Plate, you can check that you are correctly practicing the techniques your golf trainer taught you.



A downloadable training video will be available in March. In the video, Marco Schmuck will present various scenarios where the **Swing Plate** can be used to support your training.

**The *Swing Plate* is available to order at:**

**[www.swing-plate.de](http://www.swing-plate.de)**

mail: [swing@2rps.de](mailto:swing@2rps.de)