

COACHING

Susan Farron coaches golfers at all levels. As a past touring professional and now a high performance coach for NZ Golf, she has a wealth of knowledge. This month she looks at the shank.

Presented by  Cleveland GOLF


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SHANKS FOR COMING

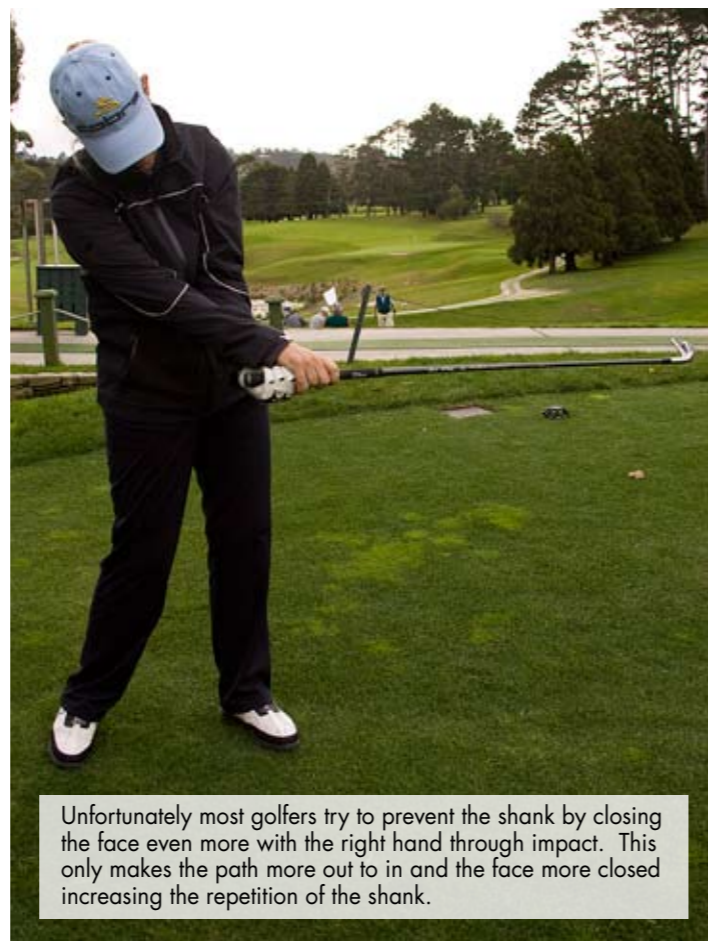
Probably the second most feared shot in golf is the shank. Second only to the swing and miss attempt commonly referred to as an air - shot, wiff, whiskey, or a shout. Most golfers think that when the ball shoots off to the right abruptly that it was caused because their clubface was open. However shanks are most commonly caused by an excessively closed club face. The following photos show different ways that the ball can get caught between the clubface and the golf shaft i.e. the hosel of the golf club.



When a player tries to purposely rotate the clubface excessively i.e. when trying to hook around a tree or perhaps trying to hook the ball excessively, over use of the wrists and forearms can turn the toe end of the club inwards too much and cause the ball to strike into the hosel.



When the clubhead swings on an out to in swing path with the face closing the risk of hitting the hosel is increased.



Unfortunately most golfers try to prevent the shank by closing the face even more with the right hand through impact. This only makes the path more out to in and the face more closed increasing the repetition of the shank.

Shank Fix



Above and right: Place a headcover just outside the ball and practice swinging down from the inside of the headcover.



If you swing the club head on an inside path you will strike the ball without hitting the head-cover



The club head approaches the ball with the face slightly open and will square up through impact.