

Article by Nancy Quarcelino

What's Your Swing Shape?

DO YOU PLAY A ONE PLANE, TWO PLANE, OR STACK AND TILT SWING? IF YOUR ANSWER IS A SIMPLE "I DON'T KNOW," YOU'RE CERTAINLY NOT ALONE! SOCIETY LIFE'S GOLF PRO, NANCY QUARCELINO CAREFULLY BREAKS DOWN THESE THREE UNIQUE SWING STYLES TO HELP YOU OBTAIN BETTER CONSISTENCY UNDER INCREASED PRESSURE.

One plane swing, two plane swing, and now the stack and tilt swing. Which one do you use? Better yet, do you even know what I'm referring to when I use these terms?

As an instructor of the game, it is necessary for me to keep up with the latest swing theories you see being tried out on the tours and written about in golf publications. All golfers are searching for that one swing which will give them the added distance and consistency they are looking for. Unfortunately the same theory doesn't always work for everyone.

When the stack and tilt swing theory came out, I decided to study more closely these

three swings to be able to help my students identify which one would work best for them. Most golfers fall into one of these three categories.

When I first started teaching, the only knowledge we had about the golf swing was what had been taught in the past. This knowledge was attained by watching professional golfers swing the club.

When we began using the video camera, we then began to break down swings and saw that there are many ways to strike a golf ball more consistently and with greater distance. Then we began our own ↻

Two Plane Swing Mechanics



Nancy Quarcelino demonstrates the mechanics of the Two Plane Swing.

methods of teaching our students. I believe that there are three swing methods. Likewise, I also believe there are variations on these methods based upon you, the student. We all look different and thus will produce many different golf swings. Come on, you know what Jim Furyk's golf swing looks like.

So what shape golf swing do you have? Are you a one plane, two plane, or stack and tilt swing? You may not know. The

differences are very evident and varied. I am going to show you the different swings from setup to follow-through. Then you can decide the swing shape you are.

Set Up

In a "two plane" swing the setup is fairly upright. The golfer tends to stand to the ball with little bend from the hips. The weight is distributed at setup about 60% on the right side and 40% on the left side.

The shoulders are tilted at setup with the back shoulder lower than the left. Usually the back foot is square and the forward foot is flared open.

The setup for a "one plane" and "stack and tilt" is more bent over from the hips. The "one plane" setup has an even distribution of weight.

The "stack and tilt" setup has 55% of your weight on the forward side and 45% on the back side. This setup is also more bent from the hips. The hand position in the "stack and tilt" swing is forward toward the left hip and in a down cocked position. Both feet are flared out in this swing. The shoulders are level at setup.

Take Away

In a "two plane" swing the left arm clearly separates away from the body to provide width on the backswing. The hips must make an aggressive turn to create leverage. The club head will be in a toe up position halfway back.

In both the "one plane" and stack and tilt" swings, the left arm stays close to the chest on the backswing. The toe of the club will be angled closed halfway back.

Top Of The Backswing

In the "two plane" backswing, the shoulders turn level on one plane while the arms swing more upright, thus the name "two plane." The weight distribution is now 70% right and 30% left with the weight being on the inside of the right side at the top of the backswing. The head clearly moves away from the ball. The right arm position in a "two plane" swing is in an elbow down position.

In the "one plane" and "stack and tilt" backswing the arms swing on the same plane as the shoulders. The head has moved very little at this position in the "one plane" swing. The "one plane"

Stack and Tilt Swing Mechanics



weight distribution at the top of the backswing is now 60% right and 40% left. The left shoulder is clearly lower than the right shoulder at this position.

The "stack and tilt" weight distribution at the top of the backswing is 60% left and 40% right. The head has not moved at all in this position. The left shoulder is down in this position. This is what we call a "reverse pivot." The right arm, elbow, and shoulder all turn back behind the body on the backswing as if you were going to start a lawnmower.

Downswing Or Transition

For all you "two planers" the arms must drop from this high plane into impact position. After this happens, then the body makes a lateral move to generate power into the shot. Pulling with your left forearm down helps slot the club on the inside path.

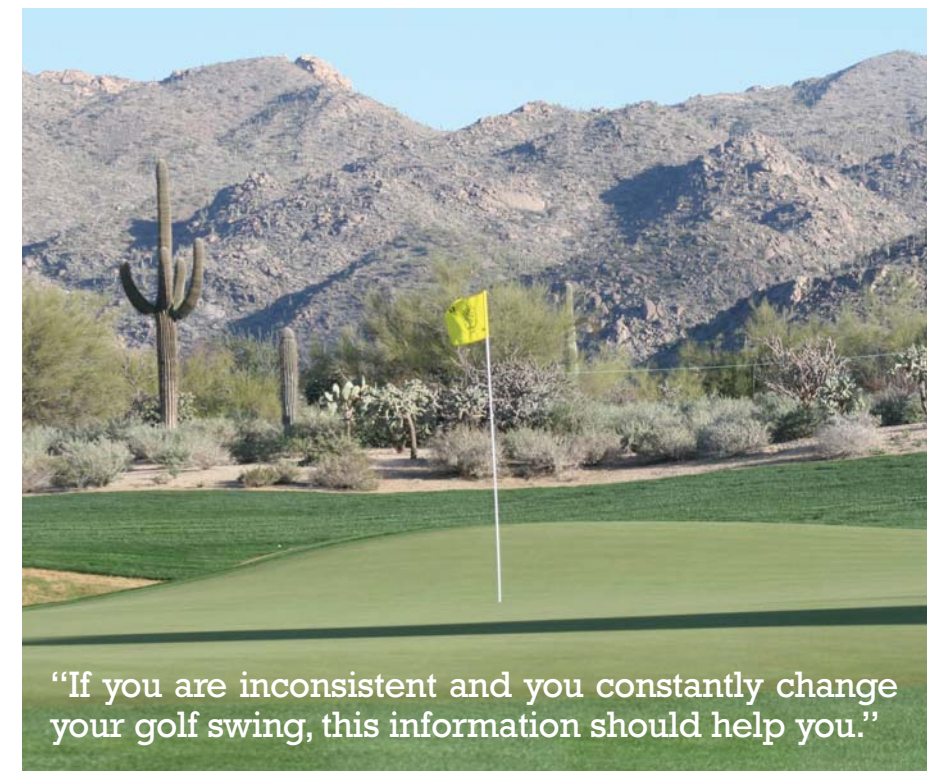
In a "one plane" transition, the arms are already on plane and the body rotates to the target very aggressively. The arms will simply follow the body and stay on plane. Let the right arm drop straight down and your left arm rotate toward the ground. This will keep the club on plane through impact. Feel your right elbow

stay close to your side. Your arms are very connected to your body turn and you virtually cannot swing over the top.

For the "stack and tilt" swing, the head stays steady while the hips slide laterally toward the target. The arms will move the club to striking position because of the hip slide.

Impact

The impact position in the "two plane" swing has the head staying in back of the ball while the hips are shifting to the left side and turning out of the way. Clearly "two plane" swingers are stacked more right sided at impact.



"If you are inconsistent and you constantly change your golf swing, this information should help you."



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Impact position in the "one plane" swing has the head staying very steady while the right arm moves across the chest. The body will be turning through the shot as this happens. The weight is evenly distributed at this point.

The "stack and tilt" impact has 70% of the weight on the left side. The head is steady and the hips are sliding toward the target. The center point of a "stack and tilt" swing has the shoulders and hips in line stacked on the golfer's left side.

Follow Through

The "two plane" swing has a taller finish with the hands finishing high. The arms finish higher across the chest. The shoulders are level and the body is balanced.

The "one plane" swing finish is in balance with the right shoulder tilted slightly lower than the left shoulder. The arms will finish lower across the chest.

The "stack and tilt" swing has the hips driving more toward the target, creating the reverse C follow-through. The arms finish low across the chest while the body is in balance.

Now that you see the differences in these swings, which swing is for you? Can you see where you might have the setup of a two plane swing, but the takeaway of a one plane swing? If you have some characteristics of all three swings, you can now see where you have inconsistency on the golf course when you get into pressure.



I suggest you go see your local golf professional to help guide you to the swing that is best for you. If you are inconsistent and you constantly change your golf swing, this information should help you. Now let's get to work on creating a more consistent swing and help you lower your scores! ♦

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For more information to improve your golf game, contact the Nancy Quarcelino School of Golf at 615-778-8823 or you may visit her website at www.qsog.com.