

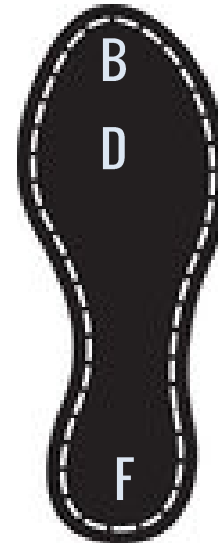
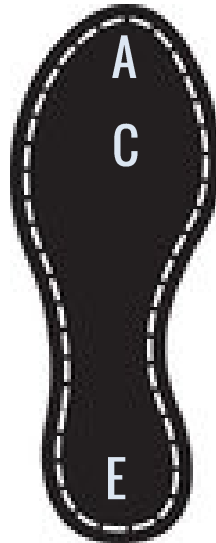


Golf Swing Analysis

Center of Pressure (COP)

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LEGEND

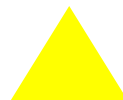


A - Left Toe
C - Ball of Left Foot
E - Left Heel

B - Right Toe
D - Ball of Right Foot
F - Right Heel



START



CHANGE



STOP

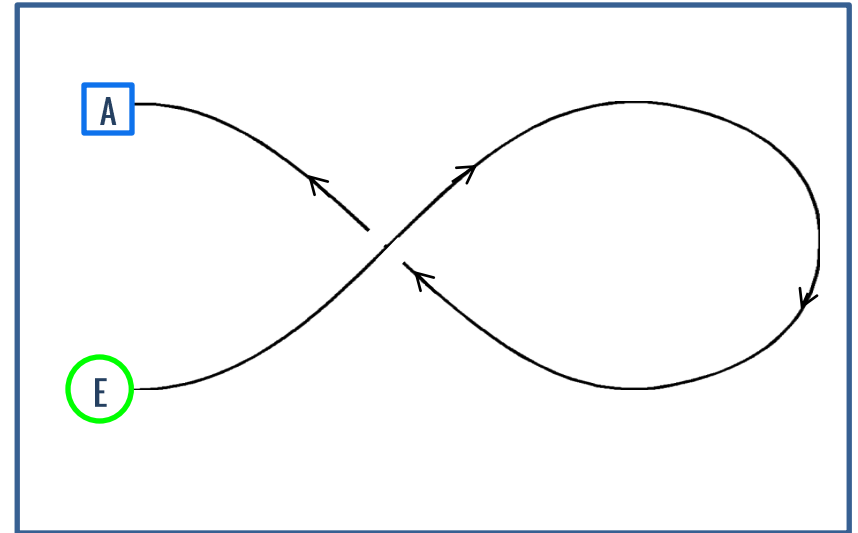
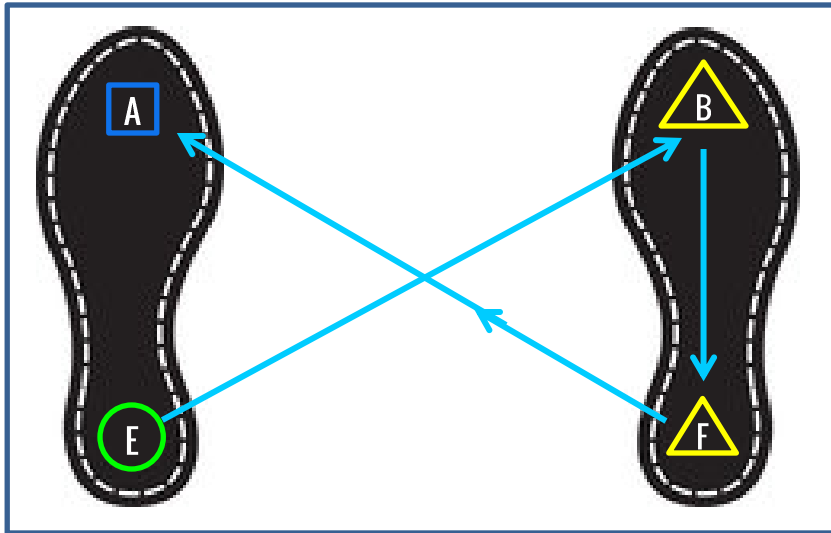
*note diagrams demonstrate the COP of a right handed golfer. Flip diagrams horizontally for left handed use.



Golf Swing Analysis Center of Pressure (COP)

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COP Trace 1
'CROSS HEEL TOE'



Typical Result:

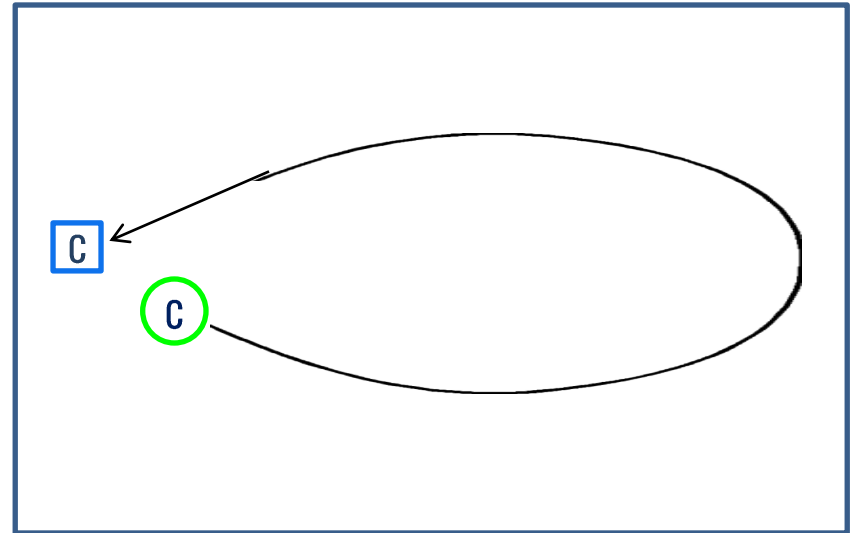
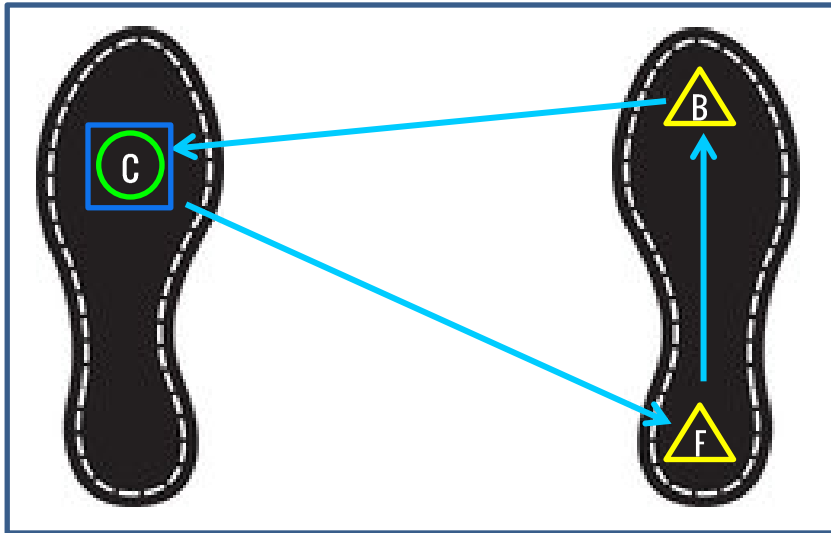
Block Push



Golf Swing Analysis Center of Pressure (COP)

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COP Trace 2
'HOOK: CENTER START'



Typical Result:

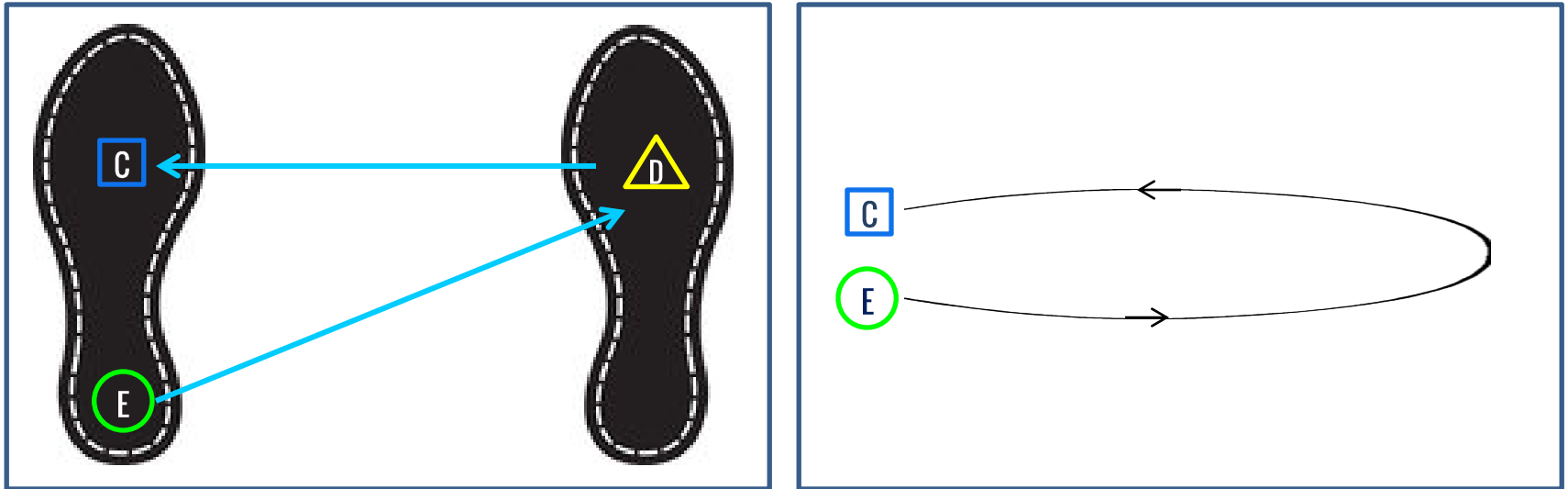
Solid Contact



Golf Swing Analysis Center of Pressure (COP)

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COP Trace 3
'LINEAR'



Typical Result:

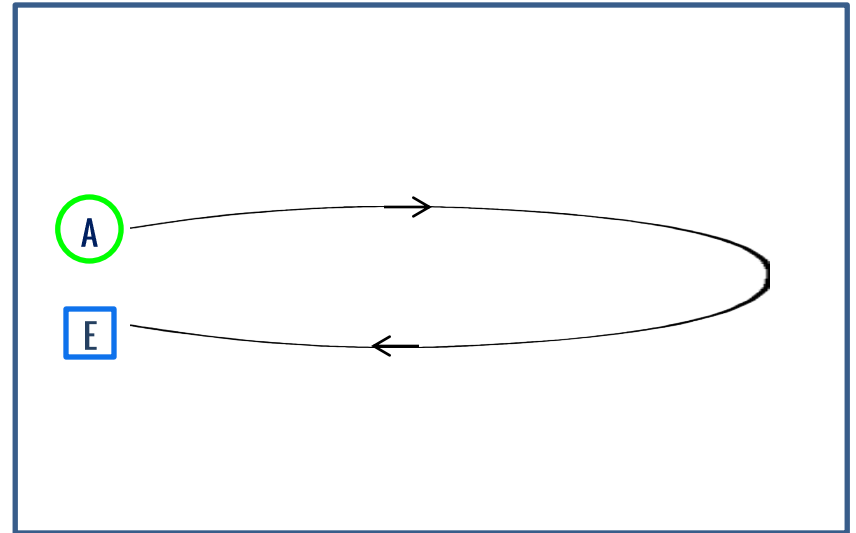
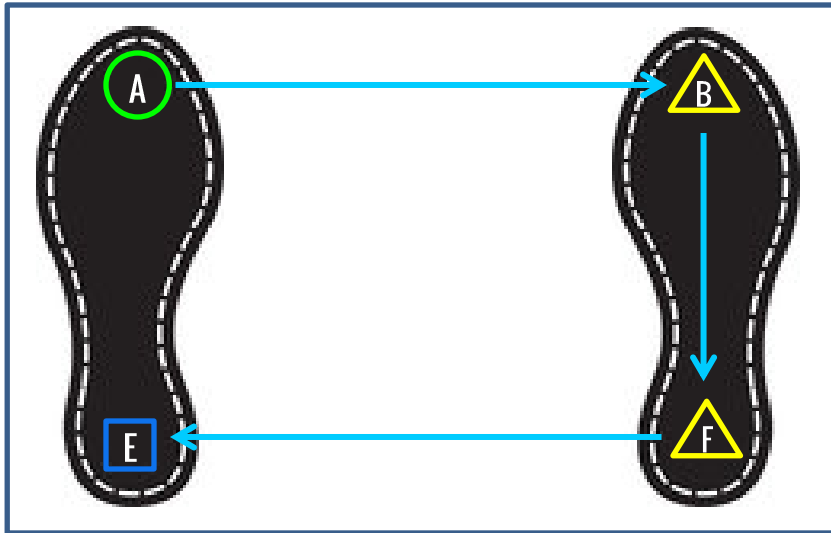
Solid contact,
medium power



Golf Swing Analysis Center of Pressure (COP)

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COP Trace 4
'SQUARE: TOE HEEL'



Typical Result:

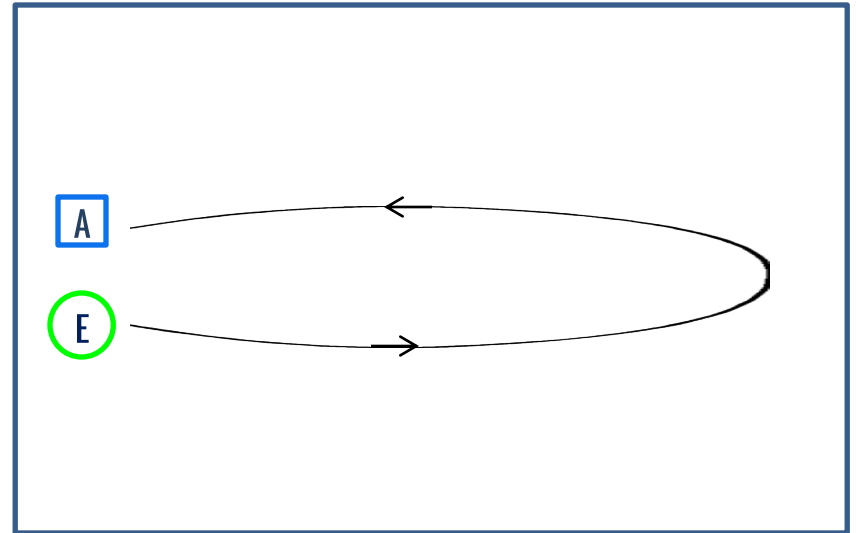
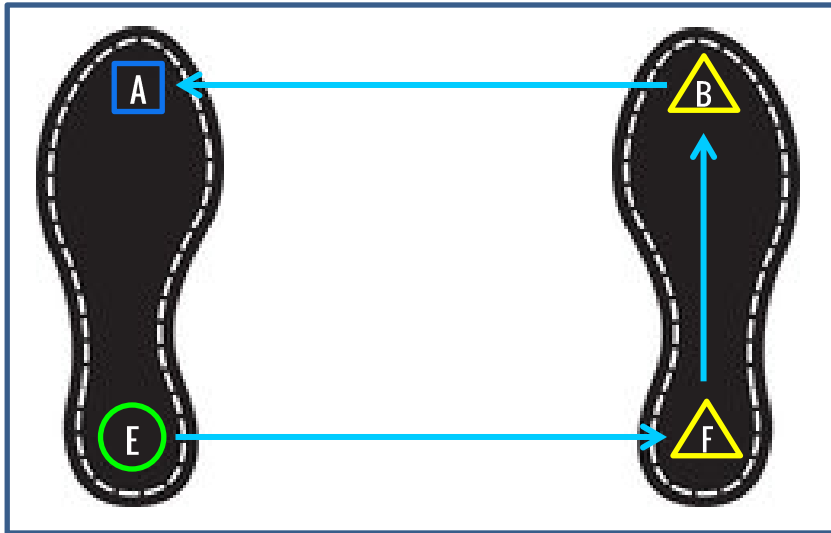
Pull hook



Golf Swing Analysis Center of Pressure (COP)

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COP Trace 5
'SQUARE: HEEL TOE'



Typical Result:

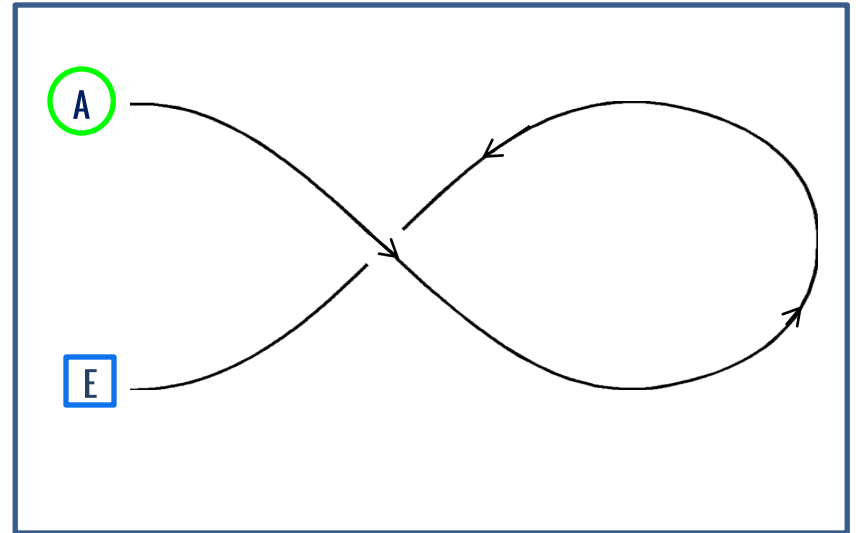
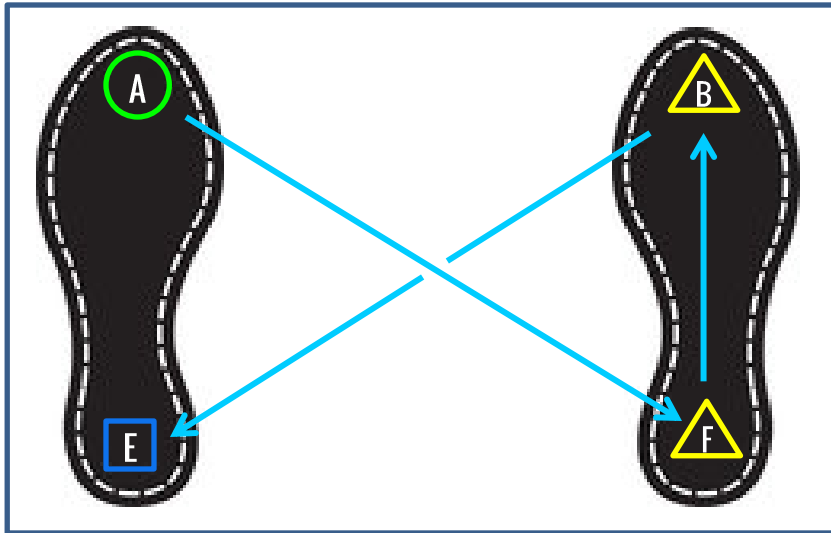
Push block



Golf Swing Analysis Center of Pressure (COP)

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COP Trace 6
'CROSS TOE HEEL'



Typical Result:

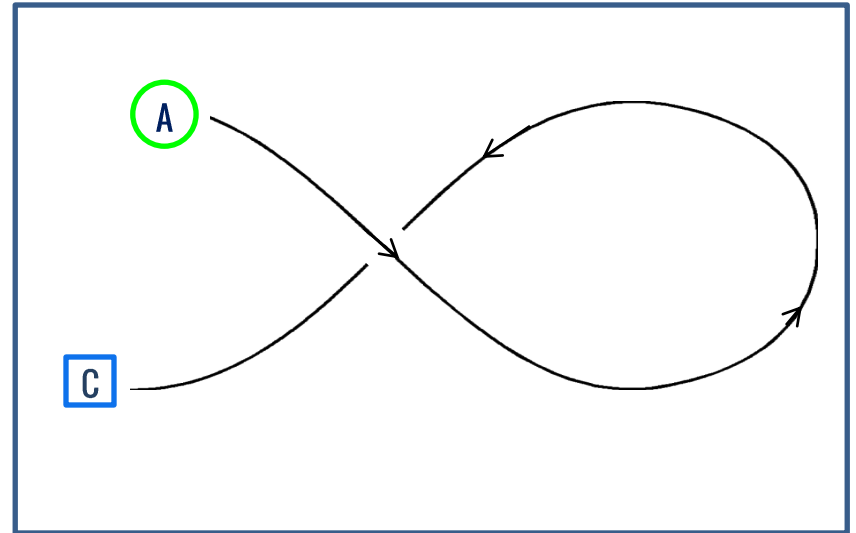
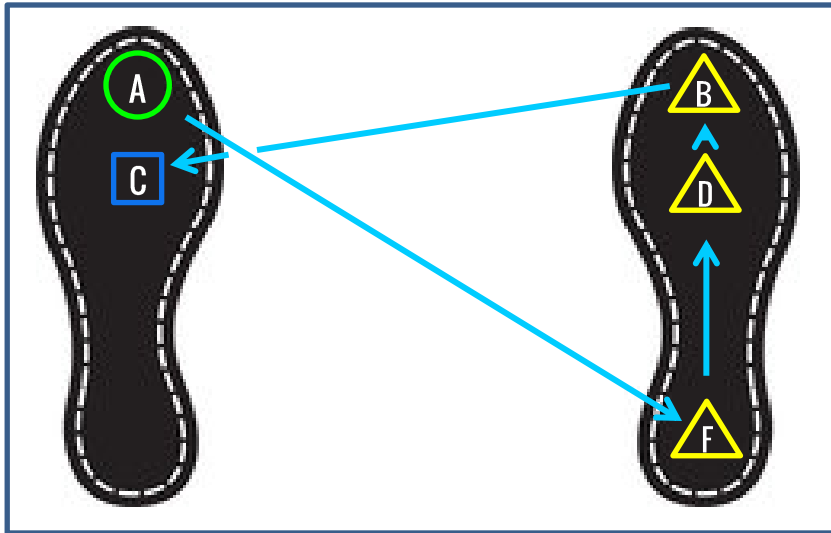
Pull hook



Golf Swing Analysis Center of Pressure (COP)

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COP Trace 7
'HOOK: TOE START'



Typical Result:

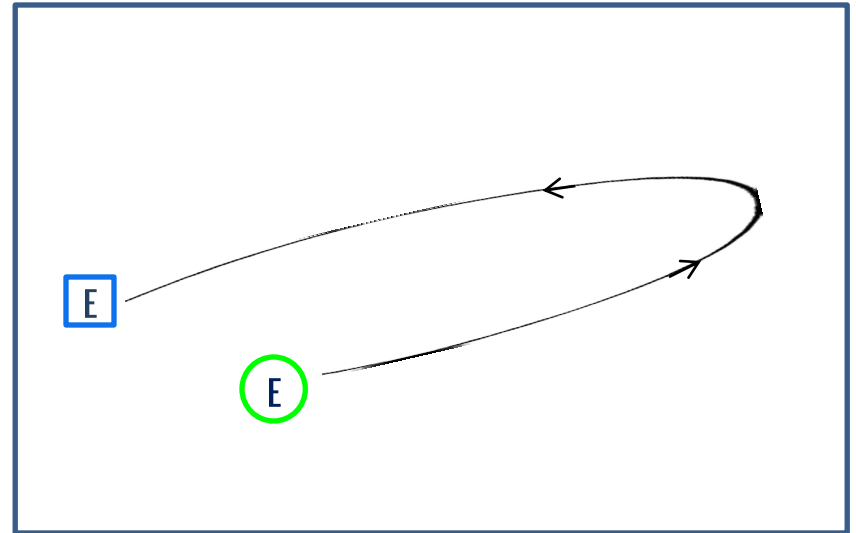
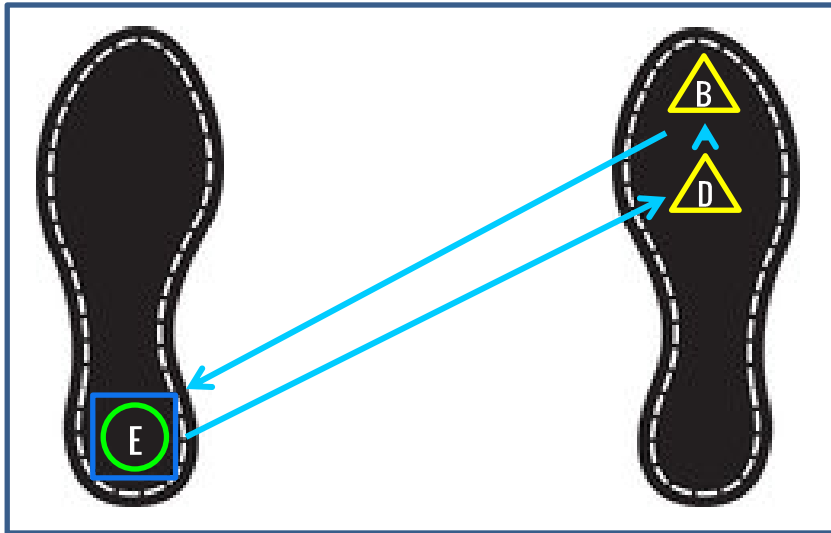
Solid shot, good
power



Golf Swing Analysis Center of Pressure (COP)

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COP Trace 8
'BIAS: LINEAR'



Typical Result:

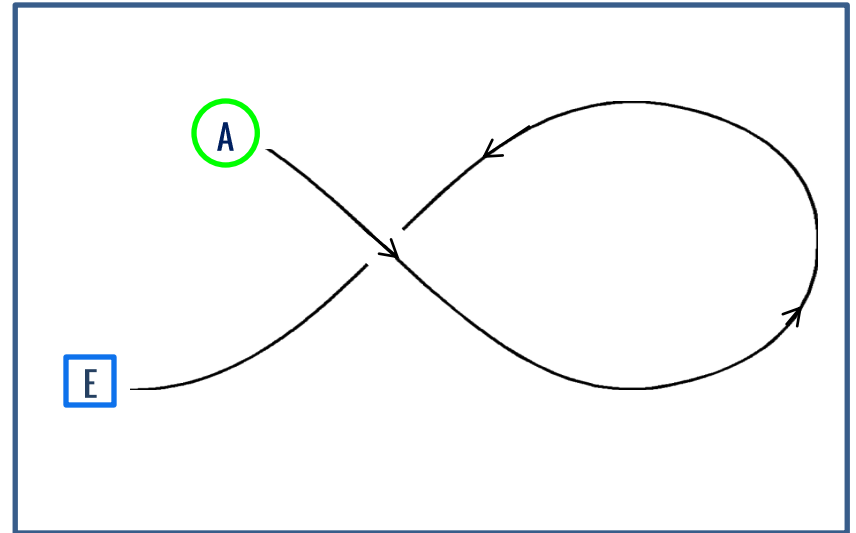
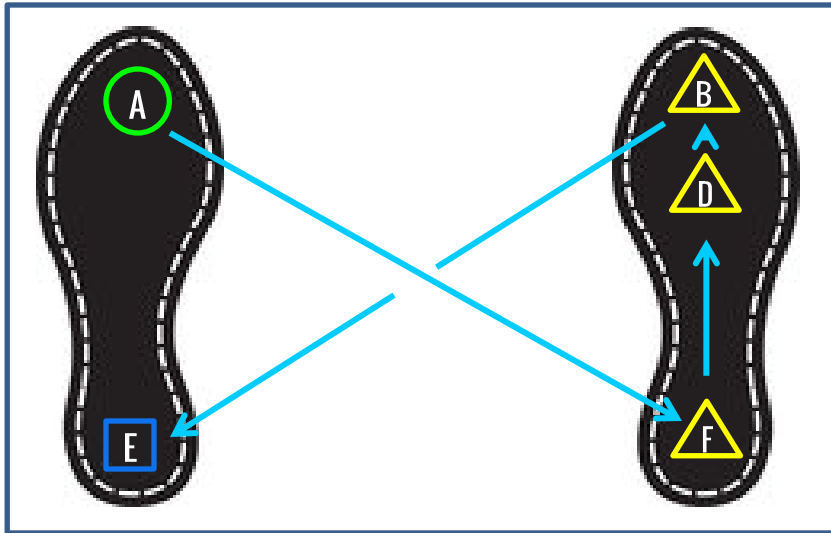
Cut slice



Golf Swing Analysis Center of Pressure (COP)

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COP Trace 9 'PULL HOOK'



Typical Result:

Pull hook



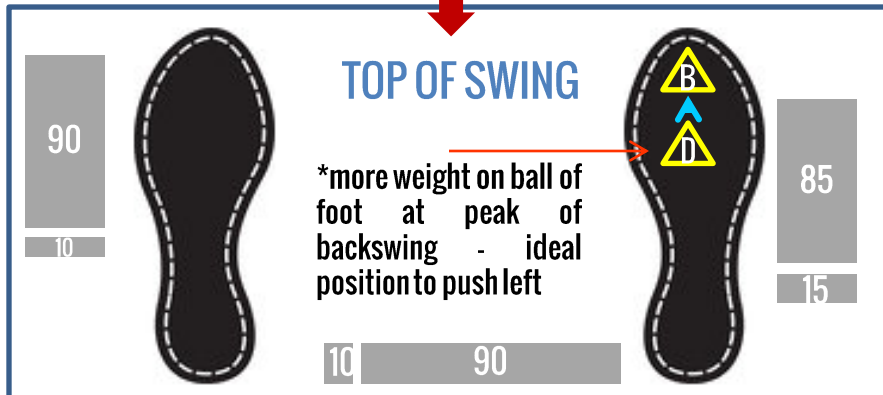
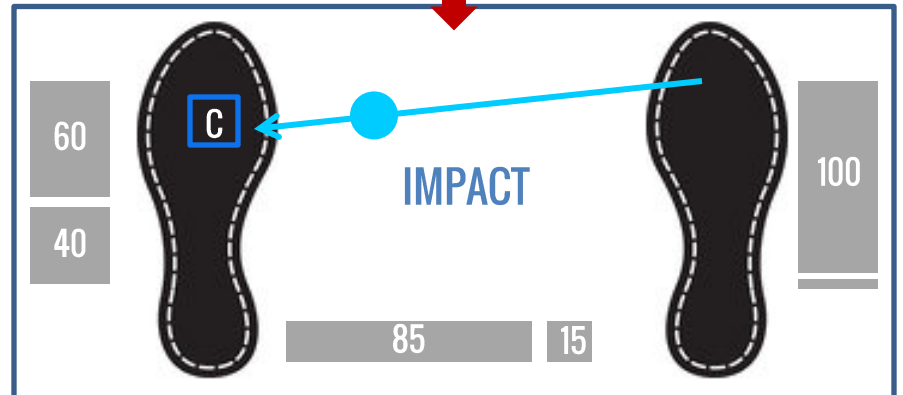
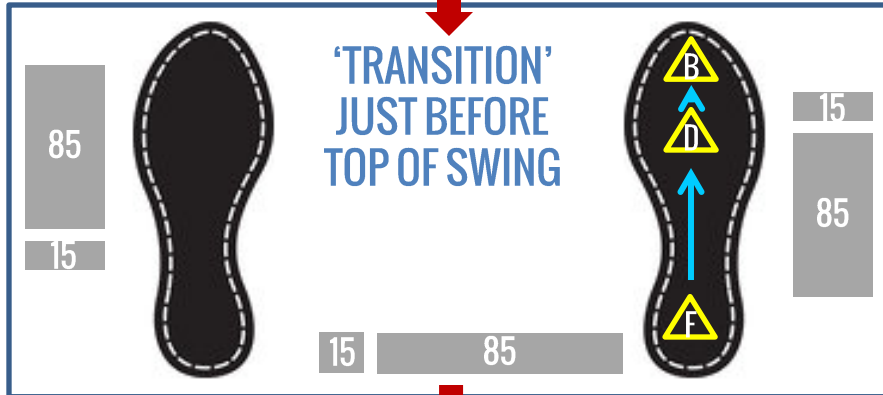
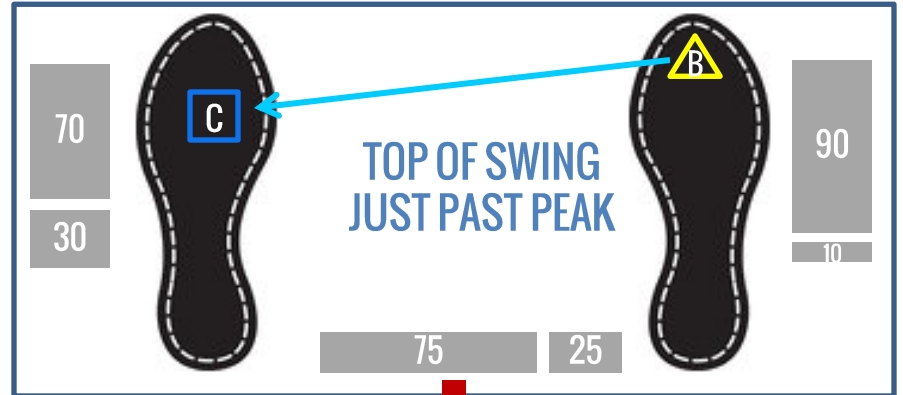
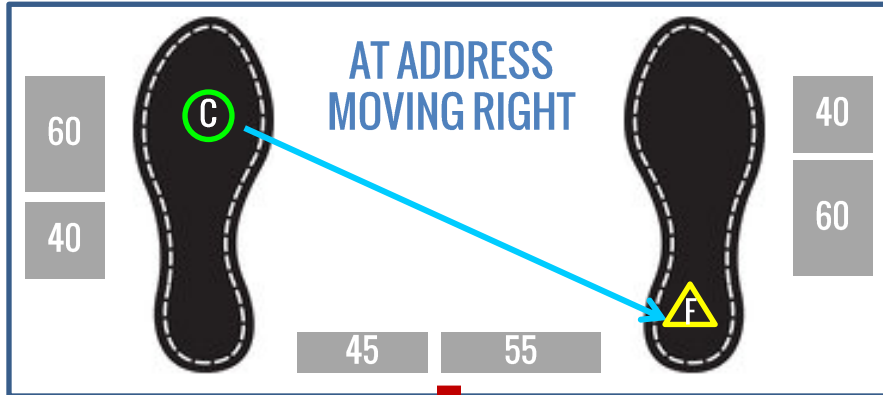
Golf Swing Analysis

Center of Pressure (COP)

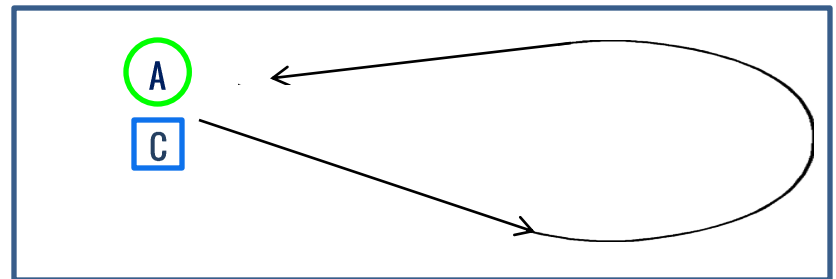
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COP TRACE TRENDS

CONSISTENTLY GOOD SHOT



SUMMARY





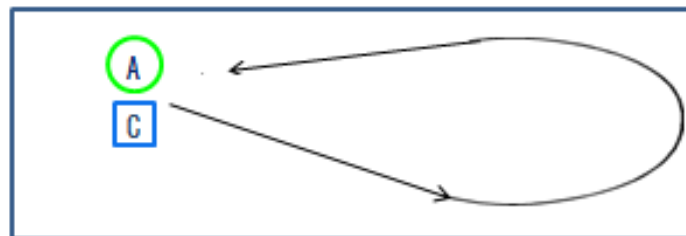
There are as many ways to hit a golf ball well as there are swing types.

But consistently powerful shots have been observed with COP traces with the following trends:

- a. Start from left toe & ball of foot, moving to
- b. Right heel, quickly centering to the ball of the left foot near peak of backswing, generating excellent momentum & power driving to
- c. Ball of left foot at impact

Summarized by the 'D-Plane', with a trace resembling:

SUMMARY



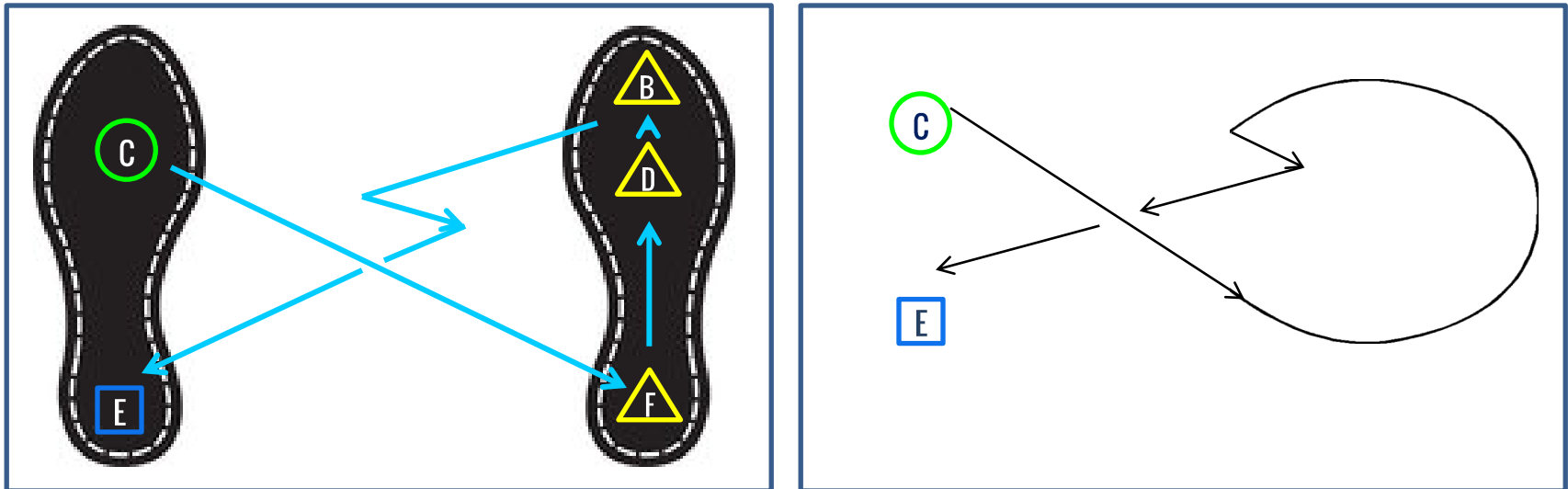
COP TRACE ANOMALIES



Golf Swing Analysis Center of Pressure (COP)

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ANOMALY COP Trace 1 'REVERSE'



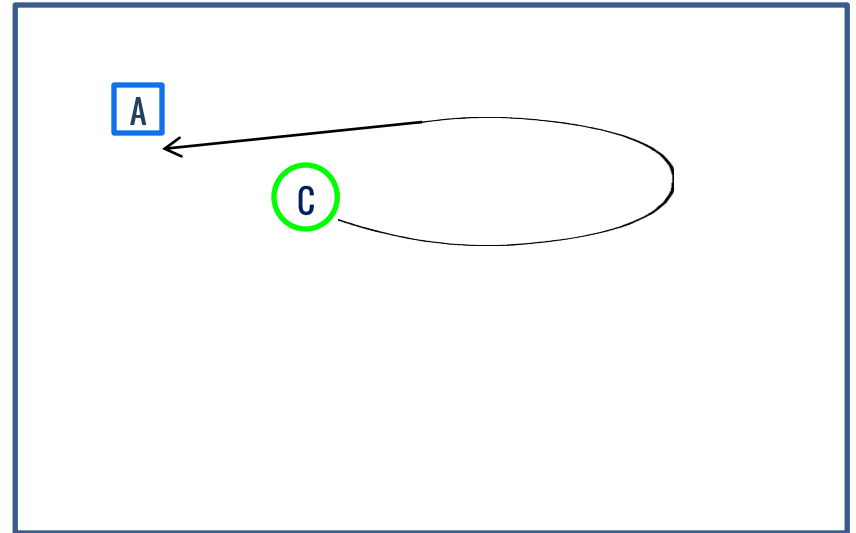
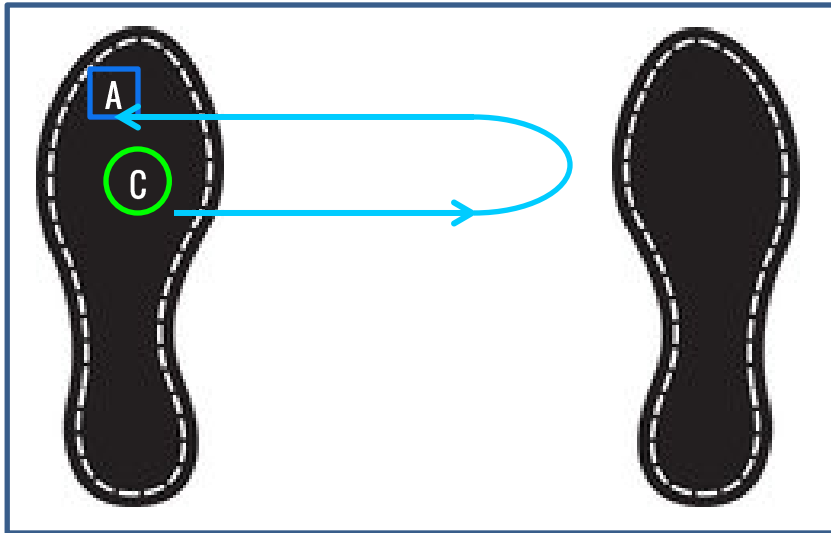
Occurs when COP suddenly changes direction prior to impact.
Often seen in swings by 'power hitters'.



Golf Swing Analysis Center of Pressure (COP)

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ANOMALY COP Trace 2
'ABBREVIATED'



Movement to right gets greatly reversed, motion to the left exceeds motion to the right.

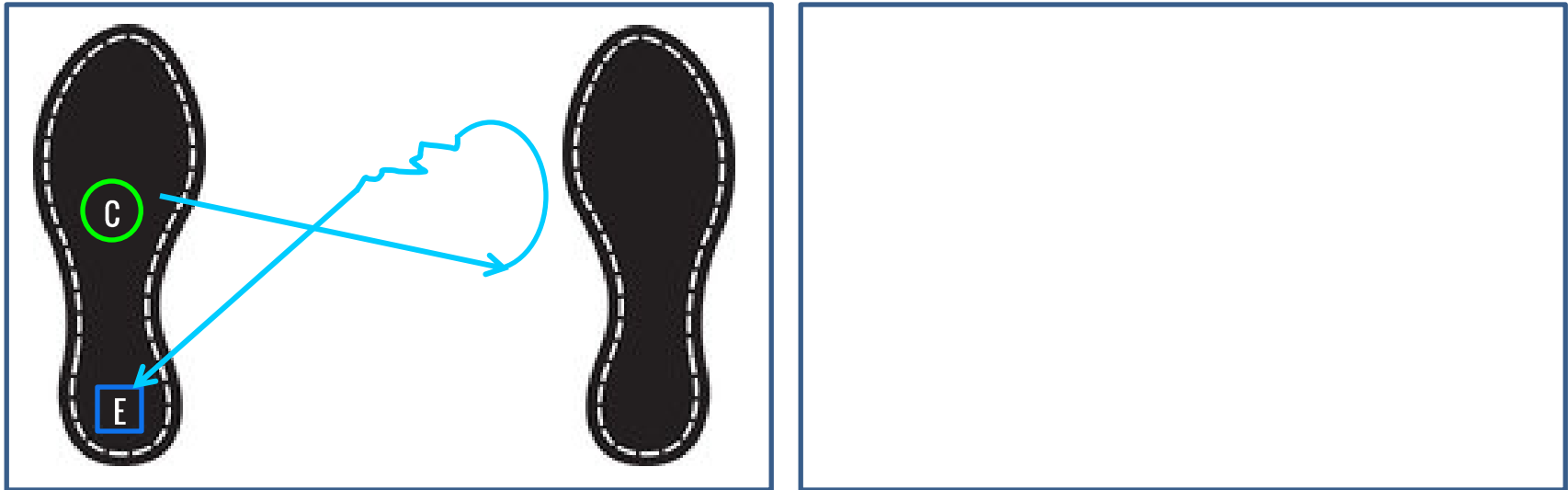


Golf Swing Analysis

Center of Pressure (COP)

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ANOMALY COP Trace 3
'CHATTER'



**Motion in any direction not consistent.
Reducing chatter generally leads to increased consistency and
better swing results.**