TPI Swing Analysis Report

Your Name Here

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This is an example of a swing analysis report. The names have been removed but the photos and content are from someone’s report. As a side note this person also had a mobility screen to go along with the video analysis. Some of the comments are directed to the mobility screen.

Here is your swing analysis screenshots used to identify if you exhibit any of the 12 Most Common Swing Characteristics.

12 Most Common Swing Characteristics

S-Posture & C-Posture

You are exhibiting C-posture here. The shoulders are sticking above the line a bit much. Maybe you’re not flexing at knees and reaching for the ball. Nothing in your screen suggested C-posture. I’m not going to worry too much about it. If you watch your video or see the images herein you will see you have a good shoulder turn. C-posture generally makes it harder to rotate.
Loss of Posture

The images are at address, top-of-backswing, and impact, respectfully. A line is drawn from the ankle to knee, knee to hip, and hip to neck. Ideally your body would stay exactly on these lines from address to impact. Or, the angles would stay the same as the address position. It appears that you have a slightly closed stand. If you look at the video, the ball flies straight away from the camera. But it appears you straighten your trail knee during the backswing. If you watch the video you can see this too.
Over all this isn’t too bad. Maybe this is a knee correction to help it stabilize against rotation since you don’t have an ACL in that knee.

Notice the bent over posture, though. This as you will see is from early extension.

The good news is at impact your angles are the same or similar enough that loss of posture isn’t an issue.

**Flat Shoulder Plane**

The lower line is the plane of the golf club at address. The upper red line is the plane of your shoulders at the top of the backswing. Ideally at the top of the backswing a line drawn across the shoulders should be parallel to the plane of the club shaft at address or point 4-ft or less in front of the ball. The upper line is close to 4-feet, I believe your shoulder level changes because your right knee straightens and changes the position of the shoulders. It isn’t too bad though. Nothing to worry about right now.
Early Extension

To check for early extension, we draw a line on the back edge of your butt at address. Ideally your butt and hip never leave the line.

The second photo is at impact. You can see a gap between your butt and the line.

This is Early Extension. This characteristic is one of the first we will work on. This isn't severe. But is probably the reason that you are pushing the ball. You can see that your trail arm is getting caught behind your hip in the second image.
Over-The-Top

The lower red line is the club shaft at address, the upper red line is the club shaft when your arm is halfway in backswing.

Half-way in the downswing the club shaft (the green line) has dropped into the slot between the red lines. This is good, you do not swing from the top.

I drew the green line along the club shaft when your lead arm is half down from the top of the backswing. I advanced the video a couple of frames here and took a screenshot. Notice you club is below the bottom line. You’re coming into the ball very inside to out.

Nothing to be concerned about except it can cause some awful hooks.
Sway

A vertical red line is drawn up from your ankle at address. A smaller line is drawn on the trail edge of the hip. The photo is taken at the top of the backswing. If you sway a large portion of your leg would be behind the red line. You don’t sway at all.
Slide is the opposite of sway. A red line is drawn vertically from your lead ankle at address. If you slide your body moves forward of the line at impact. You slide with your lower body. Instead of rotating open, your hip pushes forward toward the target.

I think some stability and core work will make this better when we are done.
Reverse Spine Angle

The photo is taken at the top of your backswing. If you have reverse spine angle the line when viewed from the bottom to the top leans towards the target. You do not have a reverse spine angle.
Hanging Back

At address, a vertical line is drawn from the lead ankle to shoulder. Ideally, at impact the distance between your shoulders and the vertical line should be closer. While your hips moved forward and slide, your shoulder did the opposite and moved back away from the ball.

So you do hang back.

I think you hang back as a mechanism to get your hands some room to swing due to early extension.

So working on the early extension swing characteristic and strengthen the glutes and legs will help. Your right glute tested very weak, remember you fell to the mat when you tried the single leg extension the first time. This is most likely the problem.
Casting/Early Release/Scooping

I'm not sure why they combine these 3 characteristics. But TPI does.

Casting

The top red marks is the angle between your upper arm and club shaft at the top of the backswing.

The image is taken when the right arm is midway in your downswing. Ideally the angle between the arm and club shaft becomes more acute (smaller number) during the downswing. This is how power is stored.

As you see, the angle has become more acute from 86-degrees to 61-degrees. This is great! You have created more lag and more power.
Early Release

In the photo, a red line is drawn across your hips at address. The image when your hands touch this imaginary line during the downswing.

If the club shaft is parallel to, or below the hip line you are early releasing the club.

As you see you do not early release. This is a very good angle.
Scooping

The red line is from the early release, don’t worry about it. The blue line is the club shaft angle at impact. If it is leaning back away from the target you scoop.

As you can see it is leaning forward, so you don’t scoop.

Another way you can tell if you scoop, is to see if the trail hand covers up the glove hand as it rotates closed after the shot.

You do this here, so there isn’t an issue with scoop here.
Chicken Winging

The photo is taken at impact. If you have the chicken wing swing characteristic your lead elbow will be forward of the line drawn from your shoulder to your wrist.

You can see here that it is. I think it is due to early extension, you bend the elbow to make room for your arms and club to get to the ball.

This is causing a power loss too. We will work on some corrections for this. Fixing this swing characteristics will get you more power and better ball striking.

Summary

In summary here are the swing characteristics you exhibit.

You do have early extension. This is what we will address first.

Besides EE, you have C-posture, this could be caused by two things. One, your address position is too upright, not enough knee bend so you are reaching down for the ball; or, your
chest muscles are tight causing your to slouch forward. Strengthening the back will help with this.

You are sliding. This is all about hip rotation. Instead of rotating your hips are sliding toward the target. Strengthening the glutes and legs and separating movement between the upper and lower body will help here.

In my opinion, the hanging back and chicken winging is caused by the early extension. You can see in some of the images from down the line at impact that you are fighting for space to get the club through the ball. You’re arching your back and pulling your hands closer to your body to find the room. Fix the early extension first and see if that helps. If not, then we worry about those two swing characteristics. Maybe I will throw in some swing drills so you can get a feeling for how it should feel when the lead arm is straight.

**Next Step**

I’ll go through these shots again while looking at the physical screen results and give you the first week workout.

You will get an email to view a Google Sheet. Accept that and you will be able to view the exercise sheet. It is a living document so you will be able to edit and add to it as well.

It will be a running record of the exercises from day one.

Good screen. You have no major swing issues, everything can be improved or eliminated.