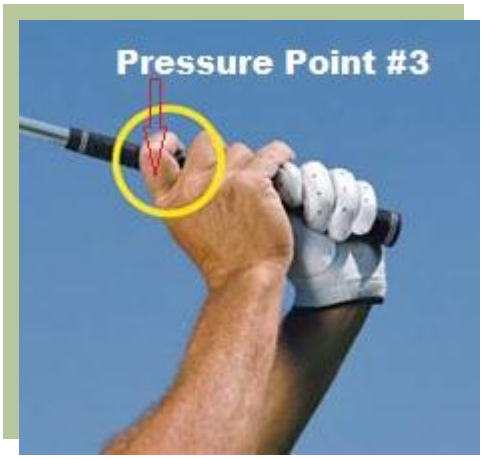
The Aiming Point Concept

For a straightaway ball flight, the ball must leave the clubface square every time with every club.

The Aiming Point's purpose is to get the proper release of the clubhead for any given club, from the Driver to the Wedges. It is a vital and brilliant concept.

The goal of the Aiming Point is to replace the ball that and becomes your new target. The Aiming Point is very rarely at the ball. Therefore you must not consider the ball as your target.



Your Lag Pressure Point which is felt in Pressure Point #3, the Right Hand, more specifically the first joint or the lowest joint on the right index finger (known as the #3 Pressure Point for a right handed golfer) controls the Clubhead.

Its job is to sense where the clubhead is at all times and to ***Aim*** and direct the **Thrust** of the Stroke towards a specific point (known now as an Aiming Point) on the ***Plane Line*** which is being traced.

For example, when playing a greenside bunker shot the player should be looking at a spot located before the golf ball. This is because that's where we want the club to strike the sand.

The same principle applies here. A wedge for example would be in front of the ball. A No.5 iron would be at the ball, and a Driver may be behind the ball. This is something that the golfer needs to experiment with. Locating your Aiming Point(s) is a matter of trial and error because it varies from one player to another.

You can direct the Thrust directly at the Ball or in front of it or behind it on the Plane Line. The shorter the club the more in front of the golf ball the "Aiming Point" is.

Using what is known as the "Aiming Point Concept" the direction and point of location in the downswing varies according to ***Hand Speed***, and the ***Club*** being used.

Furthermore, if you have fast hands or a Sweep Release (Releasing early in the Downstroke) this moves the Aiming Point backward away from the target.

Decreased hand speed or Trigger Delay (Releasing late into the downswing) like Sergio as he has the wrists fully cocked just as he's about to hit the ball means the golfer should move the Aiming Point forward.

Let's now compare two great golfers, Ben Hogan who releases late into the downswing and Tom Watson who actually releases early into the start of the downswing. If both Ben Hogan and Tom Watson are hitting the same exact driver and both reach a clubhead speed of 115 mph. In order for Watson, with his early Release to reach the same clubhead speed as Hogan with his late Release, Watson's hand speed HAS to be much faster than Hogan's speed.

Remember;

Longer Clubs = Move the Aiming Point Backward behind the ball

Shorter Clubs = Move the Aiming Point Forward of the ball

The shorter the club the more in front of the golf ball the "Aiming Point" is.

So this can also mean that if you grip down on a club, you move the Aiming Point further forward because the clubshaft is effectively made shorter.

So the problem is this that the short clubs come into impact from a given Release Point quicker than the longer clubs do.

Most golfers will have the same ball position and the same release point for all clubs and wonder why they keep hitting poorly, hitting the ground before the ball meaning that they have reached their in-line condition (Left arm and clubshaft in a straight line) back to early and didn't allow time for it to get up to the correct point.

Most golfers don't realize that the length of the club is going to affect that.

It takes a longer time to get the long clubs into their in-line position so if you fire (Release) them to late they will not get into their in-line position until well after impact but if you fire (Release) the shorter club from this position they will get in-line at the right point because they get their quicker, it is simple as that and nothing else.

This is strictly the operation of the ***Conservation of Angular Momentum***.

The long clubs come into the in-line because it takes longer to get into the in-line condition than the shorter clubs.

The person who has the same ball location and changes their Release Point accordingly to the club length will always bring it into the same place, he fires (Releases) later with the short clubs then the club would come in at the same point as the No.2 iron did because the No.2 iron he fired (Released) earlier so the No.2 iron would get there the same.

You cannot annul the Law of Conservation of Angular Momentum.

The shorter clubs will get there quicker and the only way you can do that if you use the Aiming Point Concept is to change the Aiming Point so that you can release at some point so that you can bring the club in at its in-line condition at the same point.

So by varying the Aiming Point, it is possible to have one Ball location for all Clubs (regardless of Shaft length).

Alternatively, you can have one Aiming Point (and hence one Release Point Feel) and adjust the Ball Location.

But if you fire (Release) at the same place then move the ball back and forth and if you always Release at the same point then you always have the same Aiming Point so you are moving the ball instead of the Aiming Point.

Move the ball back, Release at the same point and it gets there sooner.

So Now you have Two Means;

1. Move the Ball

2. Move the Aiming Point.

But if you move the Aiming Point then you will have to change your release point therefore you have to aim at these various Aiming Points.

If the golfer changes his Release Point he will always pick the ball off at the same place, all clubs.

Remember - Aiming Point Concerns Only:

1. Clubshaft Length
2. Hand speed
3. Release Point - regardless of Ball Location

You have this problem in that the shorter clubs are going to come in so much quicker so you have to either change your release point or your ball location.

As a Reminder, Here are the General Rules:

- With the longer clubs you need to aim further before the ball (right for a right handed player)

- With the shorter clubs you need to aim further past the ball (left for a right handed player)

- A mid iron may require an Aiming Point close to (or at) the ball

- If you have fast hands, I mean if your hands are traveling very fast, you need to aim farther before/after the ball (driver/wedge)

- If you have slow hands, the Aiming Point must be closer (before/after) the ball (driver/wedge)

- With a set of clubs having the same length (which is very unlikely!), the Aiming Point is the same for all clubs (but may be located before, at or after the ball!)

For those having the Golfing Machine book, chapter 6-E-2 provides a very detailed explanation of the Aiming Point Concept.

"This is why the Aiming Point Concept is so Valuable"