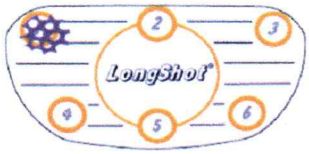
LongShot Impact Recorders - Basic Correction Tips

IMPACT Position 1



High Toe IMPACT

PROBLEMS: A high toe impact is usually associated with a very steep swingpath down to the ball and a takeaway that travels along the target line rather than in an arc around your body. The causes can be a weight shift toward the target on the backswing and a failure to turn the shoulders fully while keeping your arms close enough to the body.

TIPS: First, check for the following; proper alignment to the target, good balance on both feet and make sure the arms stay in toward the body during the swing. Concentrate on flattening the swingplane ... keeping the club along the ground longer and make a complete level shoulder turn. Your spine angle should remain constant during the entire swing ... no rising or swaying and the weight must shift to the back foot on the backswing and toward the target at impact.

IMPACT Position 2

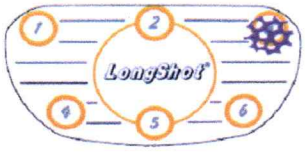


High Center IMPACT

PROBLEMS: If you are in this position you are at least making contact with the center area of the club. This basically means you only need to concentrate on moving the impact position down on the clubface. The most likely culprits are your angle of attack ... too steep a path down to the ball or a faulty weight shift toward the target on the back swing.

TIPS: Of course, always start by making sure your setup and balance are correct. Your tee height should have about 1/2 of the ball showing above the top of your driver. Try to flatten your swingpath; maybe imagine having to hit the ball over a high obstacle about 50 feet in front of you. Make a good, level shoulder turn, keep the arms in and be very conscious of shifting your weight to the back foot on the back swing and to the front foot at impact.

IMPACT Position 3

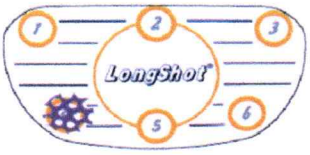


High Heel IMPACT

PROBLEMS: An impact that is high on the heel side of the clubface can be caused by numerous things and many times a combination of more than one. The most likely problems are the angle of attack ... too steep a path down to the ball and taking the club back abruptly on a path that is severely inside, upwards and behind you.

TIPS: Start with a well balanced setup position and make sure you are aligned to the target line. Square your shoulders, keep your arms in toward your body and take the club back low to the ground ... keeping it along the ground longer to flatten the swingplane. This should help prevent you from taking the club back too far inside and then having to force it to the outside on the downswing to get back on path. Try to maintain good balance and keep your shoulders level.

IMPACT Position 4



Low Toe IMPACT

PROBLEMS: The low toe impact is another fault that can have multiple causes. Generally the club is being taken back along the target line instead of in an arc around the body. The shoulders do not turn fully and the arms separate from the body. Many times a posture change occurs where you tilt or rise causing the club to contact the ball on the upswing as the club never really reaches ground level.

TIPS: Set-up with your arms comfortably tight to your body. Make a full, level shoulder turn, allowing your shoulder to come under your chin on the back swing and your other shoulder under your chin on the follow through. This should help you achieve a flatter swing plane with the club lower at impact. Be sure to swing around your body rather than along the target line. Check for proper tee height.

IMPACT Position 5

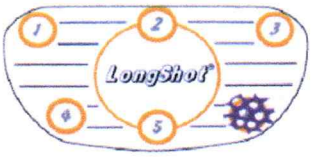


Low Center IMPACT

PROBLEMS: Low center impact is definitely not the worst problem you could have. You are close to the Sweet Spot so with a few changes you should be able to move your impact position up to center. Basically you are dealing with a "thin hit" as you make contact with the ball above the equator. Most of the time this is the result of loss of your spine angle ... a posture change somewhere during the swing. If you rise during the swing you will never let the club get down to the ground at impact.

TIPS: Keep your shoulders level during the swing and absolutely try to maintain a constant posture with no rising or swaying. Flatten the swing path and keep the club along the ground longer while making a turn that has your shoulder under your chin on the back swing and the other shoulder under your chin on the follow through.

IMPACT Position 6



Low Heel IMPACT

PROBLEMS: The low heel shot involves posture, swing path and tempo. Many times the club is taken abruptly back on an inside path causing you to have to correct with a down swing from the outside to get back on path. The ball is struck above the equator and the club never really gets to ground level at impact. You may also be changing your posture during the swing and rising which can affect your impact position.

TIPS: Keep the club along the ground longer on the take away to cause a flatter swing plane. Start your swing more straight back rather than allowing the club to be taken abruptly inside. Maintain a consistent spine angle and try to have your chin contact your shoulder on the back swing and the other shoulder on the follow through.

Copyright - 2026 - LongShot Golf Inc.