

Gated Access

A simple drill can open the door to curing an over-the-top transition.

By Tom Stickney II

DO YOU SUFFER FROM AN OVER THE TOP TRANSITION? ONE THAT CONSTANTLY BEGINS YOUR BALL LEFT OF its intended target? Have you tried a million different ideas to rid yourself of this swing flaw to no avail? If so, try my “gate drill” in order to improve your transition once and for all...

1 Place alignment sticks on the ground along your stance-line and one along your ball's target-line forming “railroad tracks” to define your target (as shown in the photo below).



2 Next, use two alignment sticks to create a “gate” just to the right of your target (as shown in the photo below)...the further you place your “gate” to the right of your intended target the more the swing must come from the inside in order for the ball to move through them.



From here start by making slow motion 1/2 swings hitting the ball through the “gate.” Hopefully as you get better with this your ball will begin to start the right of your intended target and your divots will be once again “down the line”

Repeat these small swings starting the ball through the gate and curving it back to the left and work your way up to full-speed swings

Remember every player has a different amount of curvature they like to see as the ball moves through the air. Don't align your “gate” too far right or you will have to work really hard to “hook” the ball back to your target during impact. If you start the ball too far to the right (thus coming too far from the inside during delivery) then you will find your shots either hook too much or hang out too far to the right of the pin.

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