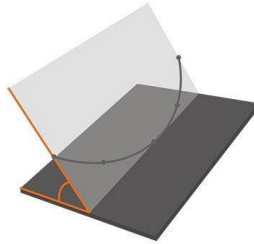


Swing Plane



Swing plane is the vertical angle between the ground and the circle that the club head travels on during the bottom portion of the swing arc

Swing plane is similar to what instructors refer to on video as “shaft plane”, but shaft plane uses a 2D camera image at one point (frame) in time.

Swing plane uses the three-dimensional position of the club head from approximately knee high to knee high on the downswing.

Shorter/higher lofted clubs generally result in a higher (more vertical) swing plane since the golfer must stand closer to the ball and the plane the golfer swings on is typically more vertical with these shorter clubs. The swing plane number may closely resemble the lie angle of the golf club, but since swing plane measures the club’s movement over a period in time it is not recommended to use the value to fit for lie angle.

A golfer’s height and dynamic posture will have an effect on swing plane. A driver typically has a swing plane between 45-50 degrees.

Technical Definition:

Swing Plane – The vertical angle of the plane relative to the horizon defined by the club head’s center of gravity movement prior to impacting the golf ball.

TrackMan Combine Averages (average swing plane)

Male Amateur (Driver)

Scratch or Better = 48.1 degrees

5 HCP = 48.5 degrees

10 HCP = 48.9 degrees

Average Golfer (14.5) = 49.0 degrees

Bogey Golfer = 49.4 degrees

Female Amateur (Driver)

Scratch or Better = 46.8 degrees

5 HCP = 47.2 degrees

10 HCP = 48.4 degrees

15 HCP = 47.6 degrees