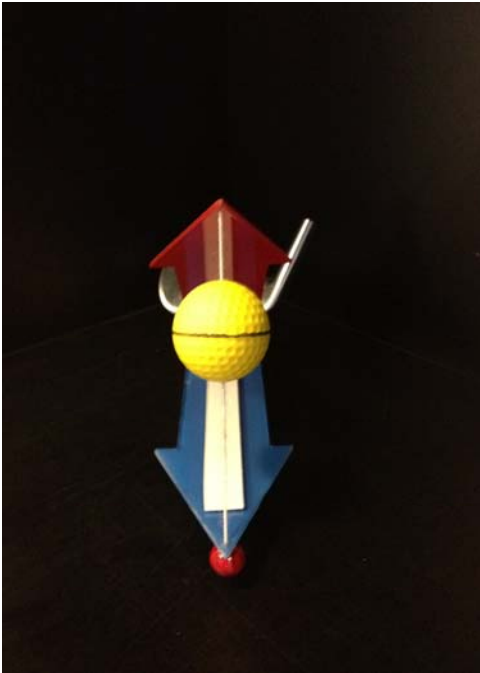




D-Plane Made Easy

By Trackman Master Tony Mettetal



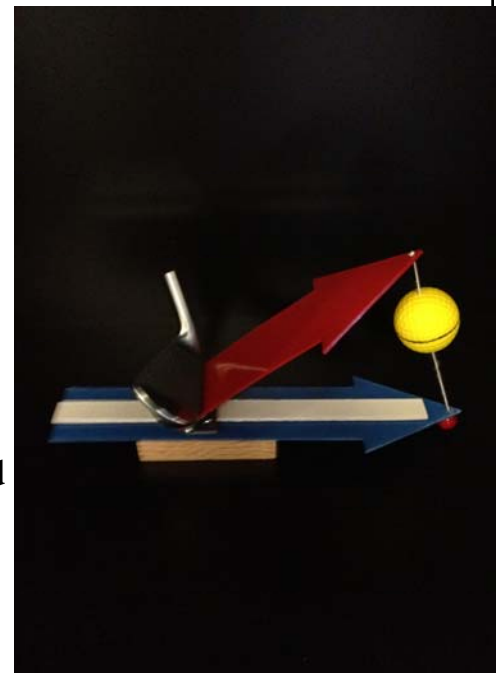
A face on view of the 3D-Plane Model displaying a perfect spin axis and d-plane.

Welcome to the new day and age of golf instruction. With the power of Trackman at our finger tips, we now have the ability to deliver immediate and reliable feedback like never before. The ability to accurately instruct the student has never been so easy. Influences like Swing Direction, Gear Effect, and most importantly D-plane, have given us the answers to many age old golfing questions. The biggest challenge remaining is helping the student to feel comfortable with these new concepts. D-plane has many components that can be very confusing to beginners and lower handicappers alike; however it is still a necessary step toward truly understanding ball flight.

A strong belief that I have developed through my teaching is the superiority of visual demonstration to verbal explanation. I'm sure you have heard of the saying "a picture is worth a thousand words". Students always seem more comfortable implementing difficult changes when they fully understand the end result. To this end, I have devoted considera-

ble time to developing my own 3D-Plane Model. The 3D-Plane Model puts all the variables of D-plane into a 3 dimensional visual aid. When students are able to see D-plane and the influences on spin axis in 3D, the power of Trackman is further enhanced.

The 3D-plane model helps accelerate the early TPS learning curves. Understanding Attack Angle, Path, Clubface Angle, and Dynamic Loft has been made easy by mimicking the visual feedback from TPS videos. As students come to understand these components, conversation can be moved toward Face to Path and D-plane. D-plane brings with it the understanding of Spin Axis, which correlates directly to ball flight. Finally, students can see with the 3D-Plane Model the answer to why they slice the ball. Advanced topics like Gearing and the manipulation of Spin Axis are made easier through the use of my 3D-Plane Model. Trackman illustrates this by comparing Face to Path and Spin Axis numbers, but it doesn't always paint a visual picture of D-plane and Spin Axis that the student can easily comprehend. For example, most high handicappers will assume they are slicing tee shots because of an open clubface at impact. The 3D-Plane Model visually displays D-plane,

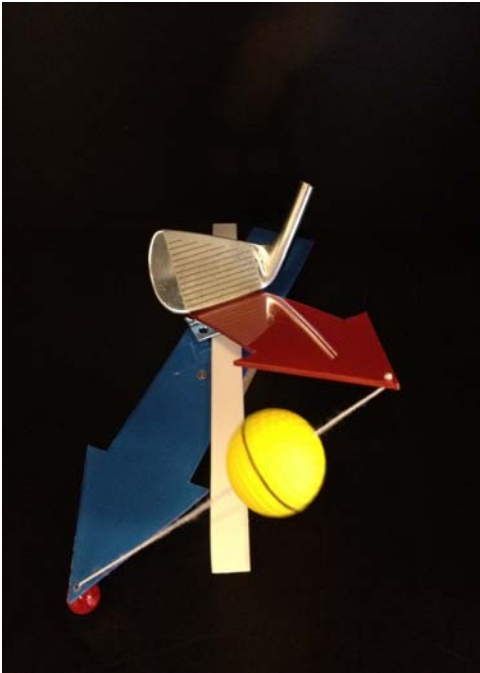


The side view of the 3D-Plane Model is great for spin loft, dynamic loft, and attack angle., conversations.



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A look at the 3D-Plane Model displaying a negative spin axis caused by a positive club path and negative club-face angle, or as most know it, a Hook.

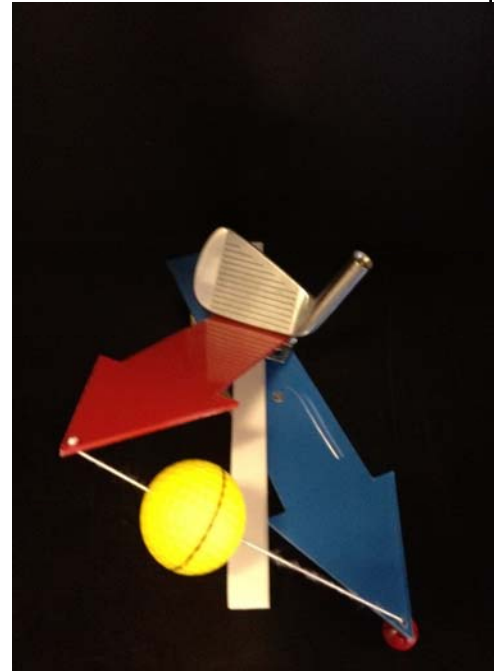
Spin Axis, and what the flight should have been from centeredness of contact. If ball flight contradicts the 3D-Plane Model, it is simple to teach the difference between toe and heel Gear Effect. With this knowledge, my students have been able to more fully understand the golf swing and translate this to on course adjustments and lower scores.

The ability to pick up the 3D-Plane Model and move the various components is one of the most powerful advantages of using the 3D-Plane Model. The 3D-Plane Model visually displays the effects on D-plane when changing Attack Angle and Dynamic Loft, even though Face to Path remains the same. Finally making it easier for students to understand why their wedges fly straighter than their driver. The size and portability of the 3D-Plane Model makes it great for on course instruction. The range may provide a consistent flat lie, but the

course is an entirely different story. Seeing how uneven lies affect Dynamic Loft can help club selection. Better club selection leads to better scoring

from fairways and improved up and down percentages. As the ball drops below or rises above our feet, the 3D-Plane Model is great for visually displaying their effects of uneven lies on ball flight. As club fitting questions are asked, it is also useful when demonstrating poorly fit lie angles and the effect on directional consistency. Last but not least the question that is always asked, "How do I spin the ball"? The 3D-Plane Model also works great for spin loft conversations and easily shows why simply striking down on the ball is not the only component of enhanced spin.

The 3D-Plane Model makes teaching and understanding Trackman information easier and more effective. Now we can finally deliver more powerful information concerning the truths about ball flight. If knowledge is power, then Trackman coupled with the 3D-Plane Model are the best one-two-punch I have developed to inspire my students and better the game of Golf.



A look at the 3D-plane Model Displaying a positive spin axis caused by a negative club path and a positive club-face angle, or as most know it, a Slice.