

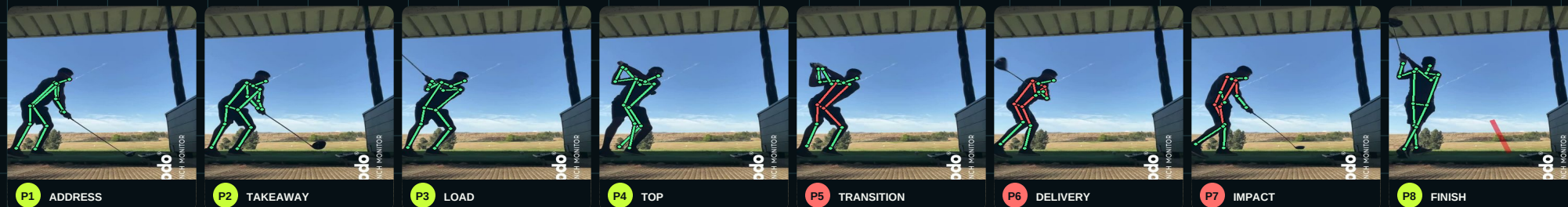
COACHING DECISION

Keep your speed. Create space before you rotate hard.

VISIBLE RAPSDODO RESULT

257 yd / 159 mph ball / 108 mph club / 13.9 deg launch

EIGHT REAL FRAMES WITH POSE TRACE



ONE PRIORITY

Preserve posture one beat longer through delivery.

P5-P7 show the body losing space as the club approaches impact. Your speed is already productive, so the fastest useful change is better delivery room, not more effort.

RED SEQUENCE

P5: Hip line advances. **DO:** Trail hip back; hands fall.

P6: Torso rises early. **DO:** Sternum over laces to trail thigh.

P7: Space is tight. **DO:** Turn through from retained hip depth.

COLOR READ

GREEN = PRESERVE

Functional motion to keep while training the priority.

RED = CHANGE

The phase-specific correction is written beside the same frame.

EVIDENCE CONFIDENCE

74% / broad sequencing is visible

Low camera height and silhouette reduce precise joint-angle confidence.

RANGE PRESCRIPTION

CHAIR-LINE DELIVERY

Cue: "Hip back. Hands fall. Turn."

- 1 Place a bag stand just behind the hips.
- 2 Keep the trail hip lightly on that line going back.
- 3 Let the hands fall while the trail hip stays behind it.
- 4 Turn through after the hands reach waist height.

18-BALL DOSE

6 rehearsals / 6 at 70% / 6 normal

PASS LINE

4/6 center + 12-16 deg launch + balanced finish

CALCULATED EFFICIENCY 1.47 smash (159 / 108). Preserve the output while improving repeatability.

NEXT UPLOAD Same driver / chest-height camera / normal speed / target line visible / 3 swings after the drill.

VISIBLE MECHANICS ONLY / LOW ANGLE + BACKLIGHT REDUCE JOINT PRECISION

EVERY STROKE COUNTS / SWINGSCHOLAR.COM



EIGHT-PHASE FIELD GUIDE

Read the frame. Use the one action. Move on.

Green protects useful motion. Red identifies the delivery priority and gives the correction immediately.

**PRESERVE THIS****SEE**

Athletic base and usable hip hinge.

DO

Keep this posture as the reference for the rest of the swing.

P1 ADDRESS

SKELETON READ

GREEN: KEEP

One phase, one job. No extra swing thought.

**PRESERVE THIS****SEE**

Chest and club begin together without a rushed hand pickup.

DO

Keep the first move quiet. Let the chest carry the hands back.

P2 TAKEAWAY

SKELETON READ

GREEN: KEEP

One phase, one job. No extra swing thought.

**PRESERVE THIS****SEE**

Turn and width build speed without losing the base.

DO

Complete the turn. Do not add lift or extra arm effort.

P3 LOAD

SKELETON READ

GREEN: KEEP

One phase, one job. No extra swing thought.

**PRESERVE THIS****SEE**

Full turn creates enough speed potential already.

DO

Keep the width. Your next move should create space, not more speed.

P4 TOP

SKELETON READ

GREEN: KEEP

One phase, one job. No extra swing thought.

**CHANGE HERE****SEE**

The hip line starts moving toward the ball as the hands begin down.

DO

Trail hip back. Let the hands fall before turning hard.

P5 TRANSITION

SKELETON READ

RED: CORRECT NOW

One phase, one job. No extra swing thought.

**CHANGE HERE****SEE**

Torso rises and the hands have less room approaching impact.

DO

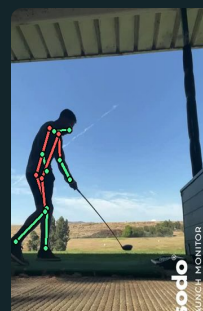
Keep the sternum over the laces until the hands reach the trail thigh.

P6 DELIVERY

SKELETON READ

RED: CORRECT NOW

One phase, one job. No extra swing thought.

**CHANGE HERE****SEE**

Strong speed reaches the strike, but space is tight through the body.

DO

Rotate through from retained hip depth. Do not add upper-body hit.

P7 IMPACT

SKELETON READ

RED: CORRECT NOW

One phase, one job. No extra swing thought.

**PRESERVE THIS****SEE**

Balanced finish confirms speed and commitment are assets.

DO

Hold for three seconds. Preserve this finish while training the priority.

P8 FINISH

SKELETON READ

GREEN: KEEP

One phase, one job. No extra swing thought.

YOUR NEXT BUCKET

Use one cue only: "Hip back. Hands fall. Turn."

If balance or strike worsens for two balls, return to 60% speed.