

Stack & Tilt[®]



Developed after 20 years of research by swing teachers Andy Plummer and Mike Bennett, Stack & Tilt is a revolutionary golf swing that keeps your weight stacked over the ball for pure contact shot after shot.



WEIGHT FORWARD

Setting up with more lower body weight forward helps the golfer accomplish two things: one, the golfer will hit the ground after the ball for solid contact; two, the golfer will swing in-to-out to help produce a draw.

Not only should the weight be forward at set-up but the lower body weight should continue to move forward the entire swing to help make the contact consistent time after time.



SHOULDER DOWN

The left shoulder going downward on the backswing and not moving inward keeps your head still. This is a key move in the swing we teach. Not only keeping the weight forward at set-up helps hit the ball first, but keeping your head stable is another necessary part of hitting the ball first.

Keeping the head stable allows for the club and hands to orbit the body in a circle.



3

HANDS IN

Swinging your hands inward on the backswing as opposed to straight back accomplishes two things. First, it helps the golfer create power—think of the field goal kicker. Their foot moves in an arc when kicking the ball, not in a straight line. Second, this helps keep the golfer swinging IN-TO-OUT, which will help produce a draw and will eliminate a slice.



4

ARMS STRAIGHT

Keeping your arms straight preserves the radius of the swing, allowing you to swing the club down at the ground. If your arms bend or flex at all during impact the radius from your left shoulder to the club is not preserved and the contact is usually inconsistent.

Straight arms also help prevent you from swinging too far across the ball, which produces a slice. Full extension of the arms is one of the primary factors that allows the club to continue to swing out to the ball for a draw.



5

BUTT UNDER TORSO

Pushing the hips forward and upward on the downswing allows the body to keep turning through the ball. The feeling of the butt tucking up under the torso teaches the student to continue moving their hips and lower body weight forward through the downswing. This is a major power source. It releases the hips from their forward tilt through the ball so they can continue to keep turning. We kept this picture of the follow through short with the arms straight because we like to teach our student to punch balls to feel what it feels like to keep your arms straight for the entire swing. The directions we would give the student would be ARMS STRAIGHT, RAISE THE BELT and TUCK THE BUTT!!



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