The 12 Most Common Swing Characteristics Reference Guide

Even though the 12 most common swing characteristics aren’t called swing flaws, they still can have a detrimental effect on your ball flight. I have included the typical ball flight for each swing characteristic. Also included are the possible physical causes for each characteristic and physical repercussions it may cause.

**S-Posture**

**Typical Golf Shots**
- Thins
- Tops
- Pulls
- Ball flight both right & left
- Lack of distance

**Physical Causes**
- Poor hip mobility
- Poor glute strength

**Repercussions**
- Pain in lower back
C-Posture

**Typical Golf Shots**
- Tops & thin shots
- Poor ball striking
- Ball flight both right & left
- Lack of distance

**Physical Causes**
- Tight chest muscles
- Limited mobility of thoracic spine
- Many other chest & shoulder imbalances

**Repercussions**
- Pain in lower back

Loss of Posture

**Typical Golf Shots**
- Pulls
- Poor ball striking
- Sky balls with driver
- Lack of distance
- No difference in distance between irons

**Physical Causes**
- Lack of core mobility & strength
- Instability of lower body

**Repercussions**
- None

Flat Shoulder Plane

**Typical Golf Shots**
- Slice or slight pull
- Poor ball striking
- Tops or drive ball into tee
• Toe hits
• Lack of distance

**Physical Causes**
• Poor body sequencing
• Hip immobility
• Lower body strength
• Shoulder immobility
• No separation between upper & lower body

**Repercussions**
• None

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**Early Extension**

**Typical Golf Shots**
• Hook
• Push
• Hitting behind the ball - fat shots
• Shanks
• Lack of distance

**Physical Causes**
• Poor body sequencing
• Hip immobility
• Lower body strength
• Shoulder immobility
• No separation between upper & lower body

**Repercussions**
• None

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**Over the Top**

**Typical Golf Shots**
• Slice
• Pull
• Toe hits
• Lack of distance

**Physical Causes**
• Poor body sequencing
• Hip immobility
• Lower body strength
• Shoulder immobility
• No separation between upper & lower body
• Poor balance

Repercussions
• None

Sway

Typical Golf Shots
• Hitting behind the ball - fat shots
• Slice
• Toe hits
• Lack of distance

Physical Causes
• Hip immobility
• Lower body strength
• Poor balance

Repercussions
• None

Slide

Typical Golf Shots
• Thin shots
• Hooks
• Deep divots
• Inconsistence distance

Physical Causes
• Hip immobility
• Lower body strength
• Poor balance
• Limited mobility of thoracic spine

Repercussions
• None
Reverse Spine Angle

Typical Golf Shots
- Slice
- Topped shots
- Inconsistency distance

Physical Causes
- Hip immobility
- No separation between upper & lower body
- Weak core
- Limited mobility of thoracic spine

Repercussions
- #1 cause of lower back pain in golfers

Hanging Back

Typical Golf Shots
- Slice
- Topped shots
- High ball flight
- Lack of power

Physical Causes
- Weak lower body
- Immobility of the hip
- Poor body sequencing
- Poor balance

Repercussions
- Lower back pain

Casting/Early Release/Scooping

Typical Golf Shots
- Pulls
- Topped shots
- Short iron distance
- Poor ball striking

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- Lack of power

**Physical Causes**
- Poor wrist flexibility
- Poor grip strength
- Poor body sequencing
- Poor Hip or ankle mobility

**Repercussions**
- None

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**Chicken Winging**

**Typical Golf Shots**
- Pulls
- Sky balls with driver
- Weak shots to the right
- Poor ball striking
- Lack of power

**Physical Causes**
- Poor shoulder flexibility
- Poor body sequencing

**Repercussions**
- Elbow pain