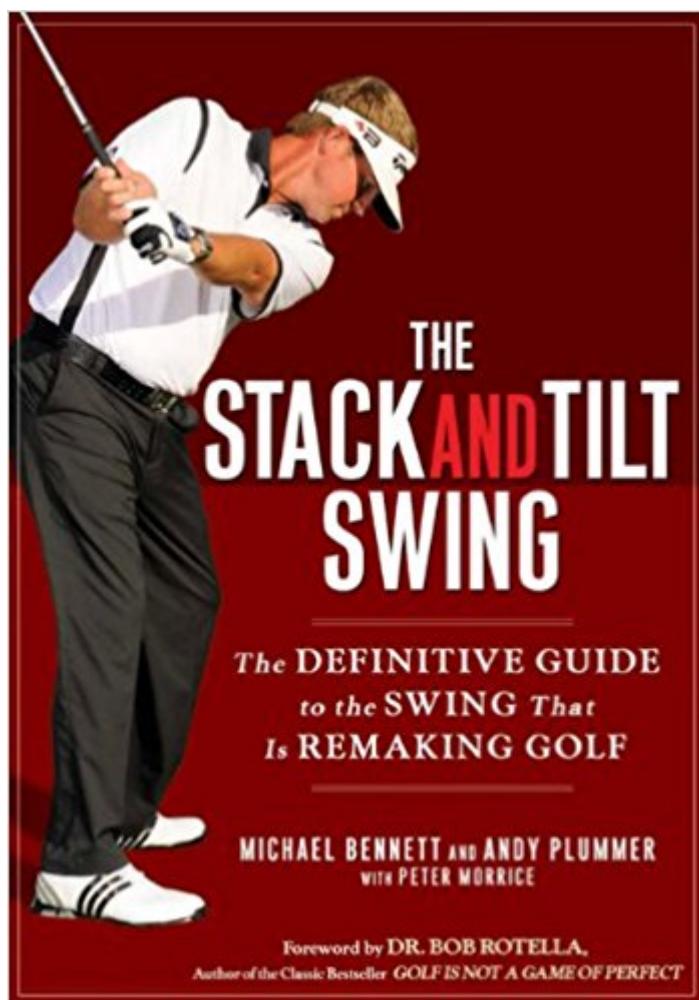


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# The Stack And Tilt Swing: The Definitive Guide To The Swing That Is Remaking Golf



## Synopsis

An in-depth, full-color, step-by-step guide to the new golf swing that has taken the PGA Tour by storm. The traditional golf swing requires a level of coordination that few golfers have. So it's no surprise that, despite huge advances in club and ball technology, the average golf handicap in America has dropped by only one stroke since 1990. Maverick golf instructors Michael Bennett and Andy Plummer spent a decade researching the swing, eventually combining physiology and physics to create a method they dubbed the "Stack and Tilt." The result? Big-name pros like Mike Weir, Tommy Armour III, and Aaron Baddeley are already converts, and Bennett and Plummer are now two of the most sought-after swing coaches in the game. Making these breakthroughs available to everyone, *The Stack and Tilt Swing* is a handsome, fully illustrated, complete course, packed with more than two hundred full-color photographs that make it easy for golfers at all levels to adopt this radical yet simple approach. Analyzing why the traditional swing won't work for most golfers, the authors explain the importance of keeping the upper body stacked over the lower body, while the spine tilts toward the target during the backswing, greatly reducing the inconsistencies created by the old-fashioned approach. Enhanced with practice routines, a troubleshooting list, test cases, and point-by-point assistance, this is the breakthrough guide to golf's hot new secret weapon.

## Book Information

Hardcover: 240 pages

Publisher: Gotham (November 12, 2009)

Language: English

ISBN-10: 1592404472

ASIN: B003IWYH60

Product Dimensions: 7.3 x 0.7 x 10.3 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 140 customer reviews

Best Sellers Rank: #1,044,518 in Books (See Top 100 in Books) #68 in Books > Sports & Outdoors > Coaching > Golf #1276 in Books > Sports & Outdoors > Golf #4890 in Books > Deals in Books

## Customer Reviews

MICHAEL BENNETT and ANDY PLUMMER have forty years of combined experience in golf instruction, and teach their "stack and tilt" swing to over twenty Tour players. Peter Morice is a senior instruction editor at *Golf Digest*, and wrote the magazine's two cover stories on the Stack and

## Tilt Swing.

Table of ContentsÂ Title PageCopyright PageForewordIntroductionÂ --This text refers to an alternate Hardcover edition.

I'm recovering from an injury which necessitates that I change my swing so this book looked promising. The concepts are described fairly well however while there are many pictures, following the narrative and matching them to the pictures could be easier. For example the pictures show the weight shift that makes this possible but the pictures don't have any numbers that show what percentage of weight is on which foot during the swing. Sure, the narratives tell that but it would have been easier to have numbers on the pictures themselves to make it easier. Also concepts like "turn your shoulder down" or should you flex your right leg could have been made clearer. This is a bit of nitpicking, still it is a well written book that explains a new and interesting new swing. If you want to try something new in your golf swing you should give this a try!

I bought this book after working for several months with a stack and tilt instructor. The instructor himself kept providing me with awesome progress that I was able to consistently work on and improve so I wanted to make sure there wasn't more that I was missing in between the lines. It has become an invaluable tool that I constantly refer to if I am uncertain on if my form is correct for certain shots. I was not knowledgeable enough in swing differences at first to realize I was being taught Stack and Tilt so for the first couple months of lessons I would take a lesson, get amazing results and then read a tip in a book or magazine that would throw off my efforts completely. I learned that you need to commit to the swing type you are learning. While there are many points that you can take from Stack and Tilt and apply it to your own swing it is important to realize the difference of taking advice somewhere else that would completely counteract what you are learning. An example of this for me was being told my swing path is too much inside and to take it out farther. Well in order to make the correct shoulder turn and get the club resting on your right "trigger" finger it HAS to be on the inside. Once I committed to the teachings of my instructor and this book my progress has consistently improved. I know how to continue improving and I know why it is improving. I took issue with the comments in another review that suggested this swing won't gain you power. I disagree. There is a certain point you will reach with consistent hard work where the only way to gain more distance would be to start making certain specific changes that may be more powerful and traditional but far less consistent. **HOWEVER** - you should not be concerned with this

if you are not already compressing the ball fully with the handle PAST the ball at impact. Once you reach that level where you have the handle forward with a fully compressed shot and the divot always in front of the ball THEN the only way to improve your distance will be good old fashioned work outs specified at your forearms, core, shoulders and legs. So if you are not compressing the ball with the handle forward past the ball at impact and divots ALWAYS past the ball then you WILL improve in distance and definitely in ball striking. Buy this book, but more importantly find a stack and tilt instructor. You will walk away from every lesson hitting shots you didn't know you could.

I remember hearing about the stack and tilt swing back in 2007 and 2008 when it got a lot of coverage on Golf Digest and other media outlets. I was skeptical but decided to give the book a shot after speaking with a stack and tilt instructor. After reading the book from cover to cover i took the new swing system to the range. After about 15 or 20 balls i had the basic swing down and was hitting the ball much better! Some of the best distance, feel and ball striking i have ever had after many years of playing poorly and inconsistent. Hopefully a few more times at the range and i can take this new swing out to the course. The concepts just make sense to me. If you have trouble hitting the ball consistently, taking a good divot in front of the ball, compressing the ball, hitting for distance, slicing, coming over the top, this book is for you. If you dont want to change your swing, this book is still a good read as it explains the golf swing and how you can read your ball flight and figure out what you are doing wrong. How can you go wrong for 10 bucks on kindle?

The book is well written, and brings out excellent arguments that conventionally taught techniques are mastered by only a select few. The general player needs a technique that is simpler to execute; something that you do not have to practice EVERY day. Transition to try the swing was relatively easy. After a few buckets of balls on the range, I consistently hit the club head sweet spot and have better directional control. This swing is not a distance master, but shot consistency lowers you score faster than distance. I did not sacrifice distance, but do not expect extra distance. The swing works best on irons and hybrids with some adaptation and practice required on the driver and 3 wood. After reading the book, and practicing with the swing, I will keep this new style. I also see many of the moves taught while watching pros on TV - look for the dipping left shoulder and straight right leg - it's on TV, but not taught. Overall, I think the authors are correct in their teachings and these changes will improve your swing. Some of the full swing basics resemble what Dave Pelz teaches in the "Short Game Bible", and recall the foundation of a good short game is solid repeatable contact. Give the technique a try: the switch is easy, and I suspect you could go back to conventional

methods without undoing bad habits. A second benefit is the swing removes all stress from your right leg, and will help any right knee and hip ailments in right handed golfers. The only downside is you may have difficulty finding a pro teacher for help: be prepared to study the book and solve your own problems. After all, self help is required to develop a good game so this is a good place to start.

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