SOFTWARE & TECH

# Square To Square Golf Swing

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## Mastering the Square to Square Golf Swing

Golf is a game of precision, feel, and endless refinement. Among the many swing methodologies that have emerged over the years, the **Square to Square Golf Swing**stands out for its simplicity and effectiveness. Unlike more rotational or handsy techniques, this approach focuses on keeping the clubface square to the target line for as long as possible. Whether you are a beginner struggling with consistency or a seasoned player looking to eliminate a hook or slice, understanding the square to square golf swing can transform your game. In this article, we'll break down the mechanics, benefits, common pitfalls, and drills to help you implement this method with confidence.

## What Is the Square to Square Golf Swing?

The square to square golf swing is a technique that emphasizes maintaining the clubface in a square position relative to the target line throughout the swing arc. In traditional golf swings, the clubface opens on the backswing and then closes through impact, which can introduce variability. The square to square method minimizes that movement by keeping the clubface aligned with the target from address to follow-through. This reduces the need for timing and hand manipulation, making the swing more repeatable and forgiving.

### Origins and Philosophy

This concept gained popularity through instructors like Todd Graves and is closely associated with the teachings of the late Moe Norman, whose unorthodox yet incredibly consistent swing inspired modern versions. The square to square golf swing is built on the idea that a simpler, more compact motion produces better results under pressure. It's particularly appealing to golfers who struggle with a two-way miss or who want to flatten their ball flight.

## Key Mechanics of the Square to Square Golf Swing

To execute the square to square golf swing effectively, you need to understand its three core phases: setup, backswing, and downswing-through-impact. Each phase reinforces the square clubface position.

### Setup and Address

Your foundation starts at address. Stand with your feet shoulder-width apart, knees slightly flexed, and your spine tilted forward from the hips. The clubface should be aimed directly at your target, with the shaft in a neutral position—neither too upright nor too flat. One crucial element is the grip: a neutral grip where the back of your left hand (for right-handed golfers) faces the target, and your right hand sits on top with the palm facing the target. This grip naturally keeps the clubface square without forcing it.

- Ball position: For most irons, position the ball just forward of center. For driver, play it off the inside of your left heel.

- Body alignment: Your shoulders, hips, and feet should all be parallel to the target line.
- Weight distribution: Start with about 50-50 weight split, favoring your left side slightly for irons.

### The Backswing: Short and Square

In the square to square golf swing, the backswing is notably shorter than a traditional swing. Instead of rotating your shoulders and hips deeply, you focus on a one-piece takeaway where the arms, shoulders, and club move together. The forearm rotation is minimized to keep the clubface pointing toward the target. At the top of the backswing, the club should be roughly parallel to the ground, with the shaft pointing down the target line. Many players find this feels like a three-quarter swing. The left arm stays relatively straight, and the wrist hinge is minimal.

Key checkpoints for the backswing:

1. Keep the clubface square to the target line throughout the takeaway.
2. Maintain a stable lower body; avoid swaying off the ball.
3. The lead wrist (left wrist for right-handers) should remain flat, not cupped or bowed.

### The Downswing and Impact

From the top, the downswing is initiated by a slight bump of the hips toward the target, followed by a rotation of the torso. Because the clubface has remained square, there is no need to "release" the club in a dramatic snap. Instead, you simply bring the club back to the ball with the face still square. At impact, your hands should be slightly ahead of the clubhead, creating a descending strike for irons. The clubface should be exactly matched to your target line. Many golfers describe the sensation as a "push" or "block" through the ball rather than a flipping motion.

### Follow-Through and Finish

The follow-through in the square to square golf swing is shorter than conventional swings. After impact, the club continues low along the target line, and your body rotates to face the target. The club finishes with the toe pointing upward, and your weight is fully on your front foot. A balanced, compact finish is a good indicator that you have maintained the square face throughout.

## Benefits of the Square to Square Golf Swing

Adopting this swing method offers several tangible advantages for golfers of all skill levels:

- Improved Consistency: By reducing the number of moving parts, the square to square golf swing minimizes timing errors. Your misses become smaller and more predictable.
- Reduced Curve on Shots: Because the clubface stays square, sidespin is drastically reduced. This leads to straighter ball flight and fewer slices or hooks.
- Easier to Learn: Beginners find this method intuitive because it feels more like a natural striking motion rather than a complex rotation.
- Better Mishits: Even off-center hits tend to fly straighter since the clubface angle remains stable.
- Less Strain on Body: The shorter backswing places less torque on the lower back and hips, making it a suitable option for golfers with physical limitations.

## Common Mistakes to Avoid

Even with a simpler technique, golfers can fall into traps. Here are the most frequent errors when practicing the square to square golf swing:

- Overly Tight Grip: Trying to keep the face square by squeezing the club can lead to tension and loss of clubhead speed. Maintain a relaxed grip pressure.

- Too Short a Swing: While the backswing is shorter, it must still generate enough power. Do not cut the swing off at the waist; a proper three-quarter swing is ideal.
- Flipping the Wrists: Some players try to "help" the ball into the air by flipping their wrists at impact. This opens the clubface. Trust the loft of the club.
- Blocking the Shot: In an effort to keep the face square, golfers sometimes fail to rotate their body through impact, resulting in a weak push to the right. Rotate your chest toward the target.
- Ignoring Alignment: If your body is aimed left or right, even a square clubface will produce offline shots. Always check your alignment with a club on the ground.

## Drills to Master the Square to Square Swing

Practice these drills to internalize the feel of the square to square golf swing:

### The Alignment Stick Drill

Place an alignment stick or a club on the ground pointing at your target. Take your address with the clubface aligned to the stick. During your backswing, try to keep the toe of the club pointing upward, not backward. Practice making slow swings while watching the clubface stay parallel to the stick. This trains visual and tactile feedback.

### The Towel Drill

Tuck a folded towel under your left armpit (right-handed golfers). Swing back and through without letting the towel fall. This encourages a connected one-piece takeaway and prevents excessive arm lift. It also helps maintain a compact backswing that keeps the clubface square.

### The Half-Swing Pitching Drill

Using a wedge, take a half-swing motion focusing purely on keeping the clubface square to the target. Hit 20-30 balls with a smooth tempo, making sure the ball flies straight with minimal curvature. Gradually increase to three-quarter swings, but resist the urge to go full length until you have solid control.

### The Mirror Drill

Stand in front of a full-length mirror or a glass door. Take your address and check your clubface position. Slowly swing back to waist height and pause. Verify the clubface is still square (pointing at the mirror). Then swing through to waist height on the follow-through and check again. Repeat daily to engrain the feeling.

## Who Should Use the Square to Square Golf Swing?

This technique is not a one-size-fits-all solution, but it works exceptionally well for certain golfer profiles:

- High Handicappers: If you struggle with inconsistent ball striking, the square to square golf swing offers a straightforward path to more solid contact.
- Golfers with a Two-Way Miss: Players who both hook and slice will benefit from the reduced face rotation.
- Seniors or Those with Back Issues: The shorter backswing reduces stress on the lumbar spine while still producing decent distance.
- Players Seeking Accuracy Over Distance: If you prioritize hitting fairways and greens over raw power, this method is ideal.

Conversely, power hitters who rely on a deep shoulder turn and aggressive wrist snap may find the square to square golf swing limits clubhead speed. It is also less effective for shaping shots, as the technique intentionally minimizes face manipulation.

## Integrating the Square to Square Method into Your Game

Transitioning to this swing requires patience. Start by dedicating your practice sessions exclusively to the setup and backswing mechanics. Use video analysis to compare your swing to a square to square model. Most importantly, resist the urge to revert to old habits during a round. Commit to the technique for at least 10 rounds before judging results. Many golfers report a temporary drop in distance but a significant gain in fairways hit and lower scores.

## Conclusion

The square to square golf swing offers a refreshingly simple yet highly effective alternative to more complex swing models. By keeping the clubface square throughout the motion, you eliminate a major source of inconsistency and uncertainty. Whether you are a beginner looking for a solid foundation or an experienced player trying to tighten your ball flight, this technique deserves a place in your practice routine. Begin with the setup fundamentals, drill the short backswing, and trust the square face to deliver straighter, more reliable shots. With dedication, the square to square golf swing can become the cornerstone of a confident and enjoyable game.

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