

# Testing The Solar Sweetspot training method

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To see the videos, you need to have at least Acrobat Reader 9 installed onto your computer. So, if you can't see the video just click the button below and get your FREE copy of the newest version of Acrobat Reader.



## **Acknowledgement**

I want to thank Rick Malm for his enthusiasm and faith in the training method which is herein being presented. His objectivity and professionalism, especially in the testing and measuring process, was outstanding, and I learned a lot from it. I shall certainly use it in my future work with other golfers. As a hobby and for the sake of scientific research, Rick is available for high-speed video analysis of elite Long Drive, Tour Pro and amateur golfers ([www.sscgolfswing.com](http://www.sscgolfswing.com)). He is retired and is not charging for these services.

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## Executive summary

In September, 2010, Rick Malm contacted me with the desire to test the training method presented in my book: **Slow Practice Will Get You There Faster: Link between Ben Hogans' mirror practice and his slow motion drill**. He was impressed with the concepts, and he proposed that I guide him through the training process. He said that he would then give me all the data acquired for my future use. All the graphs and the majority of pictures and videos in this presentation have been provided by him. He is an expert with a lot of experience in sports and has a scientific background. As such, this was a good opportunity to thoroughly test the training method.

### Test Person: Rick Malm



#### Rick Malm Bio:

- 62 years old.
- Retired IBM Research (computer architecture, graphics, VLSI design software).
- Has Played Golf for 4 years.
- Best score +6, but random results (large score spread). Clearly a boogie golfer. Driver carry best measured 271. Average on course, 220.
- Past sports: Gymnastics, skiing, rock climbing, karate, skydiving, trick shot billiards/pool (wrote two eBooks on this subject). The later talent being a fine motor accuracy sport; its slow movement compares favorably to full golf swings.
- Other hobbies past and present: Guitar, piano, fitness training, photography, high-speed video analysis of elite Long Drive/Tour Pro and Amateur ([www.sscgolfswing.com](http://www.sscgolfswing.com)).

### Guidance (at the testing process) and Compiler (of this presentation):

**Ernest Dras**; author of the book **Slow Practice Will Get You There Faster: Link between Ben Hogans' mirror practice and his slow motion drill**; inventor of **The Solar Sweetspot** Training Method.

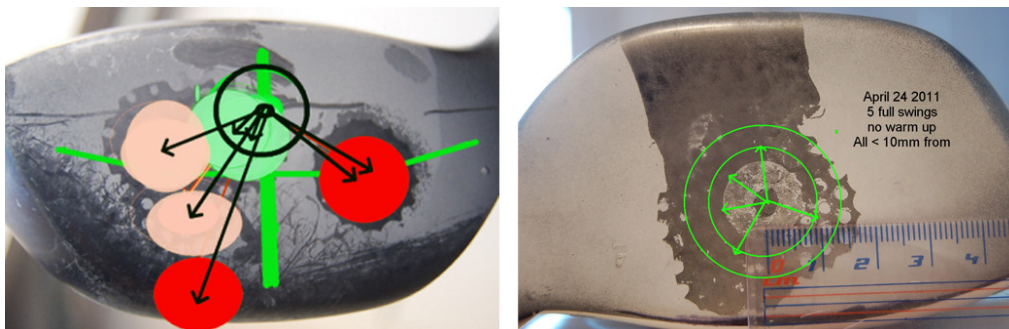
#### KEY FINDINGS

- Improvement of sweet spot accuracy from more than 20 mm average error to 10 mm, which means **MORE THAN 50 % IMPROVEMENT** in three months
- In training process, to accommodate the need for hitting more balls with less interruptions in a given time, swing groover is a good option
- Three basic steps should be followed:
  - work on the shape of the swing
  - master the impact precision
  - full focus on target

**RICK MALM: My summary and overall impression of the process:**

It takes a lot of discipline. Most of the people I know would not take the time. The progress takes months and 1000's of swings. Unlike many training processes, the sweet spot training requires constant testing of exact sweet spot error distances and a self awareness training process that teaches the body/mind how to work more effectively. This is a long road to travel. Even after 6 months I feel like I still have a long way to go to master the subject. It's difficult to stay motivated on your own without a coach helping you every day with analysis and motivation.

Why was I attracted to this training method? Nobody understands how to teach this subject and it can make a difference of a win or loss at long drive world championship for my clients, and for me it means the difference of hitting fairways and greens as well as losing golf balls in the rough. I wish I would have learned this teaching technique before I started playing golf and other sports.



Picture 1. Comparison of Rick's sweet spot accuracy between October 2010 (pic. left) and April 2011.

## Introduction to the training method

### Background of the training method

"The solar sweetspot" is a training method and apparatus that is meant for the practice of the so-called full swing shot, but it should improve any other shot as well. It touches the sole essence of every golf stroke. It is especially meant for improvement of a golfer's ability to hit the ball on the sweet spot.

In every golf shot, there are actually two targets. The first target is when we aim to hit the ball on the sweet spot. The second target is when we aim the ball at the desired field or hole. If we are not precise at the first target, the chances of being precise in the second target are almost completely nil.

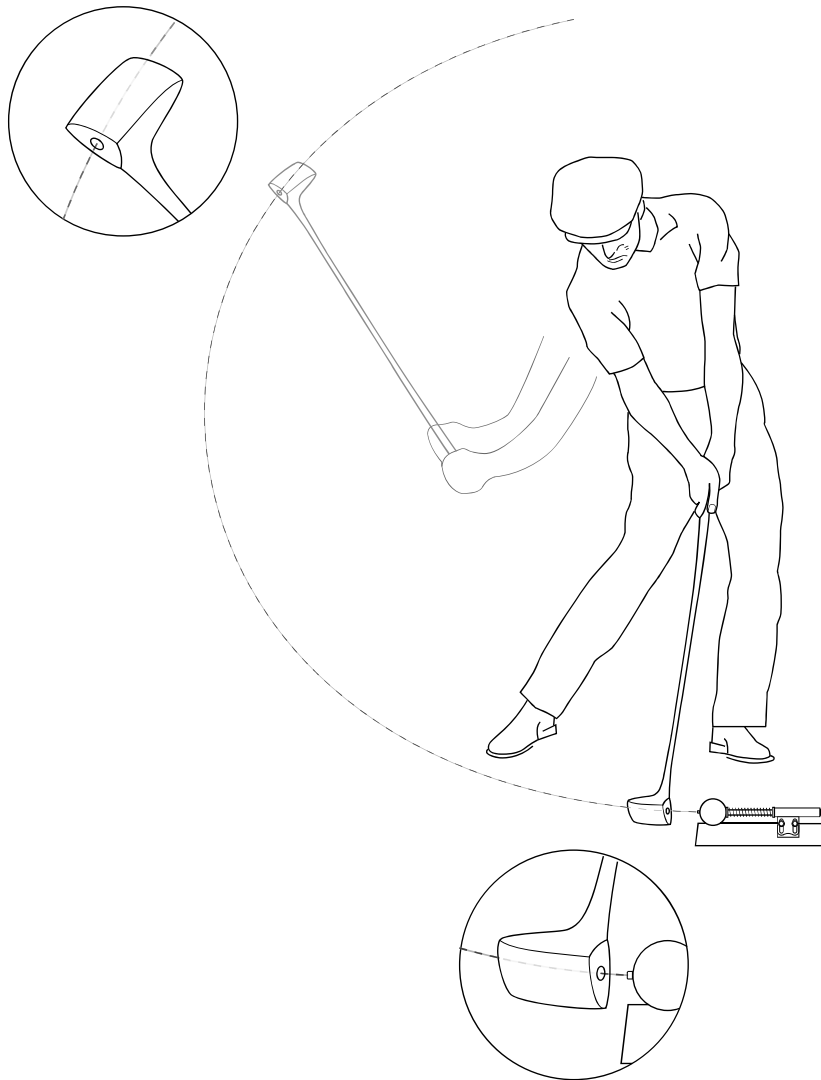
***If we are not precise at the first target, the chances of being precise in the second target are almost completely nil.***

The more you hit the ball off the sweet spot, the more there will be torque forces on the club face. Consequently, there will be a discrepancy from the optimal ball flight direction. However, this is not the only disadvantage. There will also be a significant loss of distance. The ball hitting the club face can be compared to the trampoline effect. The closer to the edge of the club face you hit the ball, the less the club face will flex. This is similar to the bounce at the edge of the trampoline, as opposed to the center. Only when you fully use this "trampoline effect", hitting the ball exactly on the sweet spot of your club face, can you expect maximum distance and a straight flight of the ball. Testing shows that you lose about six meters for every five mm you miss the sweet spot, in any direction away from it.

### The training method

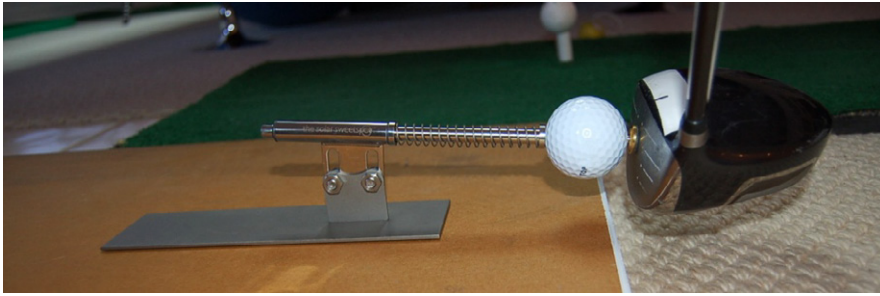
Practicing with the training aid, slow swinging, and then precisely aligning the small hole on the pin is preparation for Ben Hogan's slow motion drill (presented in the video on our website ([www.thesolarsweetspot.com](http://www.thesolarsweetspot.com))). It forces a golfer to increase his precision throughout the swing arc and especially at impact point to the extreme. When slowly guiding the hole on the imaginary wire, and then striving to align the small hole on the pin without hitting the borders of the hole (Picture 1), with full attention—as if fighting for life—one can feel pins and needles throughout the body, arms, hands, fingers. That is wanted.

This ***feeling of precision*** must then be transferred to the swing. If a golfer jumps directly to swinging with speed, that feeling will be an impossibility. The solution to this problem, in transition, is Ben Hogan's slow motion drill. The golfer practices a slow backswing, downswing, and now he has extra time to call up the sensations he programmed on the device. He has the time to ***call up the feeling of extreme precision***, ever so slightly hitting the ball on the sweet spot and continuing with the follow through.



*Picture 2.* Imagine a wire, diameter one mm, which extends from the ball (pin) up to the top of the swing, following the path of the swing arc. Imagine that you precisely align the small hole to the wire at the point of address and now you make the backswing, guiding the small hole through the wire slowly and precisely, without touching the wire with the borders of the hole.

The same method is employed for the downswing, except that you should now guide the small hole on imaginary wire with even more precision, *extreme* precision and as slow as possible. Invoke the same feeling of extreme precision when you align the small hole later on the pin.



*Picture 3.* Rick turned the upper part of the training device around into a position that allowed him optimum conditions for Long Drive practice.



*Picture 4.* Small plate with a hole (diameter five mm) is adhesively attached to the sweet spot and is then, while practicing, precisely aligned to the pin (four mm).



