

# TOUR STRIKER PLANE STATION

## User Guide & Practice Tips

Thank you for purchasing the Tour Striker Plane Station. The Plane Station was created for the dedicated golfer who is forced to practice on mats or indoors. However, it can be used on grass as well. We hope you enjoy practicing with this versatile training tool.

There is a 15-min. video explaining all of these practice tips. - Click this link or copy and paste it to your browser.

<https://youtu.be/1eXLdoCUXIM>

**Included in the box:** 1 x Plane Station Base, 4 x 2' Aim Sticks, 2 x Coupler/Extenders



*\*Warning: Please be mindful when setting up your Plane Station in the various positions. To ensure clearance, always test out with slow motion swings before moving into full speed motions. You want to avoid striking the aim sticks with a club or a ball. The impact could cause damage to the sticks and especially to the holes on the base of unit of the Plane Station.*

### **Practice Tip #1 - Awareness for Target and Shaft/Plan**



Insert one stick through one of the bottom holes for stability. Insert one stick in the 55\* hole or whichever matches up closest to your plane angle at address. Use an extender and add one more stick as shown above. Set the PS so the bottom stick is pointing down your target line a few inches inside the ball. Set the PS far enough behind you that your hands do not hit the sticks on the way back. This gives you an awareness to let you see if you take the club away too inside or too underneath the plane.

## **Practice Tip #2 - Head Awareness & Swing Center on Backswing (fig. A)**



Connect 3 aim sticks together with the two extenders (*you will have to move a couple of the protective tops*). Insert into the 65\* hole or whichever gets the top of the stick to be in alignment with your trail ear during setup as shown above. Setup so the stick lightly touches your ear or is just an inch away from it. When you make a backswing, you don't want your head to crash into the stick or move too far forward away from it as well. This also can give you awareness if you are compressing downward towards the ball too much.

## **Practice Tip #2 - Head Awareness & Swing Center on Backswing (fig. B)**



From this view, you can see that it is ok if you have a slight head rotation during the backswing but you do not want to sway. It also provides awareness of your torso position at the top of the swing. A good gauge is to check the buttons on your shirt. Are they leaning towards the stick or have they moved away from the stick?

**Practice Tip #3 - Head Awareness & Swing Center on Downswing plus Proper Extension (fig. A)**



Taking the same stick configuration as Tip #2 above, set the PS so that the stick is a few inches in front of your lead ear. This will give you an awareness of two things. One is if you are moving to forward and getting your head and body too far out in front of the ball. This throws off centeredness of your swing.

**Practice Tip #3 - Head Awareness & Swing Center on Downswing plus Proper Extension (fig. B)**



The second awareness this helps you with is with proper extension on the through swing. You want to feel your hips push underneath you while your upper body counterbalances to keep your head and body back for a moment. You'll end up moving into the stick as you move more into your finish and all your weight ends up on your forward foot.

#### **Practice Tip #4 - Ball Awareness & Address Perspective (Face On View)**



Take one stick and insert it into the flattest alignment hole at 40\* so that the stick points towards you from the very end of the PS. Set your golf ball so that its underneath the stick and acts as a visual go-between from your eyes to the ball. You'll see if your eyes are too far behind or in front of the ball. If you have a big difference in perspective, this is usually the result from bad ball position or too much upper body tilt at address.

#### **Practice Tip #4 - Ball Awareness & Address Perspective (Eyes Point of View)**



This image shows you the view from you eyes perspective and what it visually should look like as your eyes look through the stick to the ball. When you hit shots you should not see a lot of movement between the ball and stick.

## **Practice Tip #4 - Ball Awareness & Address Perspective (Down the Line View)**



You'll also notice that you want to set up so the tip of the stick is several inches away from the shaft of your club. This will help you work on your consistent circle of your swing. As you set up at address, take note of your ability to sustain the visual of seeing the ball underneath the stick. If you're moving around too much, you'll see the ball move in front of or behind the stick. If you have a nice centered swing and don't see much movement, you'll improve the consistency of your strike.

## **Practice Tip #5 - Alignment & Inside Plane**



Keeping the same setup as the above drill with a single aim stick in the 40\* hole, turn the Plane Station so that it aims down your line of play and then set another set of aim sticks between the ball and your toes, parallel to your line of play. This gives you a great representation of where you want your swing path to go...helping you learn a more consistent swing circle that travels back up and in on the way back and down, out and in on the way through. Start out slow and small so you can see the proper path and then work your way into more full swing motions. **\*Caution** - Give yourself enough space with the Plane Station Stick that's aiming down your line of play so you do not hit it.

## Practice Tip #6 - Hand Path & Plane



Build a long aim stick with three of the sticks and two couplers. Place it into the 60\* angle hole. Adjust according to personal size/preference if needed. This sets up a great awareness for an "Under the Plane" drill. What you are trying to create is an awareness of a club that falls slightly below your hand path on the way down. Start with some easy swings while looking back at your club to see where it is on the way back and on the way down relative to your hands. *\*Caution: Make sure you leave enough room behind the ball so not to hit the Plane Station on the way back or down.*



What many golfers do is end up allowing the club to get above their hands or "over the top" on the way down. This image is an exaggeration of that, but visually this setup and drill will educate you on proper swing plane.

## **Practice Tip #7 - 84° Hole Legwork - Face On View**



Most good golfers have a trail leg that is angled slightly inward at address and becomes a bit more angled inward on the backswing. This magic angle number is 84\*. In this drill you take one short aim stick, place it in the 84\* hole and set the base of the Plane Station just outside your trail foot as pictured above. When you make a backswing, you don't want your trail leg / knee bumping into or pushing up against the aim stick. When you have proper leg work and weight transfer, your trail leg / knee will be on a matching angle to the aim stick, ensuring you are set in a dynamic position that will enable you to let your momentum fall into your lead foot on the way down.

## **Practice Tip #7 - 84° Hole Legwork - DTL View**



Here is a "down-the-line" view for reference.

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[www.tourstriker.com](http://www.tourstriker.com)