

TOUR STRIKER

Tour Striker Smart Bag

Thank you for purchasing the Tour Striker Smart Bag! Dedicated golfers and their coaches have used impact bags and plane boards separately for many years. Each aid has merit helping players understand the importance of contact and path. However, not until now, has there been a simple training tool that can do both.

The **Tour Striker Smart Bag** is both an Impact Bag and a Plane Board in one training aid. A golfer can learn the sensation of proper impact *AND* learn how to deliver that impact in an on-plane orientation to hit consistent, powerful golf shots.

The plane side of the **Tour Striker Smart Bag** is called the "Plane Pillow." This structured, yet soft planar surface is removable and can be positioned in a variety of ways to help golfers repeat and understand the correct swing plane. Or, use the Plane Pillow on its own to understand many path and face perspectives. The surface of the Plane Pillow has lines illustrating address shaft location and impact shaft location for both left and right-handed golfers.

A feature of the impact portion of **Tour Striker Smart Bag** is that each side has been designed on an angle inspiring the user to deliver the club into the bag with a forward leaning shaft position.

Made of high-impact resistant vinyl, the **Tour Striker Smart Bag** will help you understand and improve your impact dynamics and your swing path so you strike the ball better than you ever have before.

Click this Image to Watch our Tutorial Video



Web Address: <http://youtu.be/CSADy9Shrls>

(If link fails to open, type above address into your web browser)

Preparing the Smart Bag for use:

A. Stuff the impact bag portion of the Smart Bag with soft materials such as old towels or sheets. Add enough material to give the bag some structure, but do not over stuff. Overstuffed impact bags may split. Some people put a few old magazines in the flat bottom of the bag as well to add some weight.

B. The planar "Plane Pillow" section of the Smart Bag can be used on the impact bag or as a standalone item.

Tour Striker Smart Bag Drills

Impact

After you have added material to the Smart Bag it is ready to start “smashing!” Avoid striking the Smart Bag on the stitched seams. It is recommended that you either hit the back of the Smart Bag or the angled sides as shown in [Figure 1](#). **Repetitive motion into an “impact bag” such as the Smart Bag may cause potential injury. If you are feeling any pain, STOP IMMEDIATELY!**

Figure 1 – *Impact with your Smart Bag*



Swing Plane Drill

The direction of your swing controls the curvature of your golf ball. The Tour Striker Smart Bag can help you understand if you are swinging on the plane designed for each club. Pick a given club and set it on the “Plane Pillow” planar surface of the Smart Bag as shown in [Figure 2](#). If the Plane Pillow does not match the shaft angle, please adjust the pillow by adjusting the Velcro connective material. As shown in the complimentary video available by [clicking here](#), you can hit golf balls to see if your swing plane is either too outside in or inside out. Start in this “neutral location to see which plane drill you need practice.

Figure 2 – *Swing Plane Positioning and Practice*



Over-the-Top Plane Drill

Like many mid to high handicap golfers, if your tendency is to swing “over-the-top” and cut across the ball, you can modify the basic Swing Plane Drill ([Figure 2](#) above) to enhance the awareness of your plane. Simply remove and adjust the Plane Pillow as shown in [Figure 3](#) below so it is offset, closer to your target. After a few swings, with the Plane Pillow in this position, you will have to swing more “outward” to avoid contact with the Smart Bag; if you don’t you’ll hit the Plane Pillow just after impact.

Figure 3 – Over-the-Top Plane Drill Adjustment



Inside Out “Stuck” Under the Plane Drill

A tendency among better players is to “get stuck” during your downswing delivering the club too far from the inside of the ball or “under the plane.” This results in a “big miss” where you either push the ball well right or over compensate with the face and hit a low hook. In [Figure 4](#) below, you’ll notice how I have offset the Plane Pillow farther away from my target. This enhances the awareness of how the downswing path returns to the golf ball. Better players will immediately synchronize how their arms and body work to deliver the club on plane, rather than “getting stuck” under plane. If you’re getting stuck the tendency will be to hit the Plane Pillow from the inside as shown in the image below.

Figure 4 – Inside Out “Stuck” Plane Drill Adjustment



Club/Ball Awareness Drills

Many golfers suffer from shanks and/or toe hits. By using the Plane Pillow as shown in Figure 5, you can have greater understanding of where YOUR swing wants to land and the path the club head is taking during the bottom of the swing. If you set the Plane Pillow on the ground as pictured, allowing only marginal clearance for the club head's path, you will KNOW if your path is consistent by avoiding the pillow.

Figure 5 – Club/Ball Awareness



Ball Position/Shaft Awareness

By using the Plane Pillow as a stand-alone training aid, you can use the 90° line as your ball position line as in Figure 6 below and the angled line as your impact delivery line. At address, from your visual perspective, you will see your shaft over the 90° line (perpendicular to your target line). The goal is to deliver your club back to the angled line providing forward shaft lean and a downward strike during impact.

Figure 6 – Ball Position/Shaft Awareness

