

TOO EARLY TO IMPACT?

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All golfers can hit a variety of golf shots but if you want to lose power and hit shots, heavy, left and right then the early release is for you!

This month I want to show you a very easy drill that will give you feedback thru the impact area. The early release is a very common fault amongst slicers and new golfers. They don't understand how the downswing starts or initiates. As a result they decide or instinctively pull the arms down as hard they can to start the downswing. The player does this to what they feel is maximising the swing speed. Having this dominant arm swing is the first part of a sinking ship.

01 This drill I am showing you involves a flat board. I use a 'lie' board, which is used when fitting people for clubs but you can use anything - an old piece of wood, a soft head cover (Anything that won't hurt your club or your wrists).

02 WHO NEEDS TO DO THIS DRILL?

If you hit the ground before the ball lots

if you hit the ball higher than you think you should.

If you slice or pull the ball this is perfect practice.

But if you hit a big divot after the ball consistently don't try this one - it's not for you.

WHERE TO POSITION THE BOARD

You want to experiment with this, as every player is a different height and therefore has a different arc or attack angle into the ball. For the more technical minded players most good strikers of the golf ball hit down on a 6 iron about 4 degrees. For a driver you want to hit almost up on the ball. For those less technically minded I have placed this board about a hand span behind the ball and want you to concentrate on hitting down on the ball.

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03-04 WHAT THIS DRILL DOES

The big thing I want in this drill is feedback and a good visual concept in my head. The lie board gives me both. When swinging down after my nice balanced backswing, the image I want to ingrain is how the club comes down more steeply into the shot. This will happen by the weight leading into the left side first in the stat of the downswing. Once that has started the hips should fire and this should naturally produce that look of the club lagging behind the hands pic1050 and 1056 . If you start the downswing with the arms which is clearly not my recommendation then you will have an early release and either hit the board in this drill, or have some of the symptoms mentioned before.

The perfect golf shot is not created by the perfect swing but a consistent golfer usually has a very good impact. If you understand what you are trying to achieve through this area your golf will improve immensely. Try this drill and create that feeling of compressing the ball.

If you can't get there come and see me and I will get that right drill for you.

COACH

MARCUS WHEELHOUSE
NZPGA Golf Professional

QUALIFICATIONS

NZPGA qualified
over 10 years playing
experience playing worldwide
tours
Tour player representative on
NZPGA board

AVAILABLE

One on one or group lessons
Clinics for beginners, juniors
and ladies
Short game schools
Playing lessons 9 or 18 hole
Corporate outings tailored for
your staff and/or clients
Trackman Club fitting and
performance studio sessions

LOCATION

Jk's world of golf
Auckland airport

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