

The “Role” of the Hands Through Impact

This month's tip comes from a request by John Sedgewick of Auburn, ME who asks

"What is the role of the hands through impact? I know the hands "rotate" through impact, but when I try that I pull the ball."

John, the hands do rotate through the hitting area, but the key is to make sure the hands travel directly down the target line in order for the ball to go straight.



In picture #1 I am entering the "hitting area." My hands are maintaining the angle between the left forearm and the shaft to increase clubhead speed through impact.



In picture #2 my hands have released and rotated to square the clubface at impact. Make sure you do this by rotating the left forearm. Do not try and turn the club over with your right hand as this will cause either a "flip" motion or a "scoop" motion.



In picture #3 the hands have fully released with the last three fingers of the left hand showing and the right hand is "on top" of the shaft. the inside part of the left arm is facing the sky! The clubhead has traveled directly to my target.



From the front view, picture #4 shows the relationship between the hand rotation and the extension down the line. Both of these things must occur in order to prevent:

A: Pulling or hooking the ball by following through around the body.

B: Pushing or slicing the ball by failing to release the clubhead fully.

Work on this drill with half shots until you can hit the ball solidly in the middle of the clubface and fairly straight before you try it with the full swing.