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# LOSE THE CHICKEN WING



**THE CHICKEN-WING** follow-through is possibly the most common followthrough fault in golf, and if you have any one of these symptoms that I list here, you may have one of your own. Obviously, there may be more than one fundamental reason that you hit any of these bad shots, but the chicken wing has a hand, or should I say arm, in each of them.

- 1** Any shot that goes right of target (slice or block). The wing makes releasing the club correctly impossible causing the clubface to be open through impact.
- 2** Hitting the ground behind the ball, as the wing makes it very difficult to shift the weight on the followthrough, thus causing the weight to hang back.
- 3** Thin shots with irons and topping with woods, as the body tends to come up through impact rather than rotating.
- 4** Shots that fly very high with little distance are also attributed to the chicken wing.

The key to losing the wing is to understand the role of the left arm and hand through the ball. The great golfer of the '50s Ben Hogan called the motion 'supernation', others call it 'release'. What simply needs to happen is the left arm and hand need to rotate through the impact zone and continue to rotate and extend towards the target. The feeling is almost one of the knuckles on the back of the left hand working down to the ground through the ball. This causes the clubface to close through impact, resulting in the ball flying with a beautiful and powerful right-to-left ball flight.

My favourite drill to improve the rotation of your left hand and arm is simply to make small one-handed swings focusing on the knuckles working down and the arm rotating on the followthrough.

A great mental picture to banish the wing is to visualise a left-handed tennis player hitting a backhand topspin shot (pictured left).