

THINK OF YOUR LEFT HAND, WRIST, AND FOREARM AS ONE UNIT

By Karen Palacios

Too many good swings fall apart right where it matters most—at impact. Everything else can be flawless, but if you don't correctly release the clubhead as it meets the ball, you'll never maximize your power. The left wrist is usually the culprit. Just before impact, the left forearm stops rotating, and the player **slaps at the ball with the back of his left hand**. This not only saps power but also makes it hard to square up the clubface.

The left forearm and wrist must rotate through the ball as a unit. To promote this feeling, imagine there's a cast encasing your left hand, wrist, and forearm. Don't stop the natural turning of the left forearm as it moves through the hitting area, and make sure the back of the left hand remains in line with the left forearm. There should be no hinging or slapping action.

To get the feeling of the proper release action, **secure a folded scorecard across the back of your left wrist and hand** by slipping it beneath your watchband and into the back of your golf glove. With an easy swing, hit a few shots off a tee with a 7-iron, focusing on rotating your left hand, wrist, and forearm through the hitting zone as one piece. If your left wrist breaks down, the scorecard will bend.

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RIGHT



WRONG

