



**FIX YOUR
EARLY RELEASE**

**FREE TRAINING
GUIDE**

What is Early Release?



'Early Release' or 'Casting' is an issue of poor sequencing in the downswing for many golfers. This is when a player 'uncocks' or 'unhinges' the wrists too soon in the downswing, thereby reducing efficiency and clubhead speed potential.



This 'Early Release' causes issues with ballstriking too. The club's shaft will be vertical or even slanted backwards at impact. This weak impact position results in heavy and thin strikes, with no compression of the golf ball achieved.



You wouldn't throw a ball by releasing your wrist first, before transferring your weight or firing your arm. To throw any ball a long way, the delivery needs to be in sequence. This 'kinetic chain' transfers energy from the ground up.



The downswing sequence in golf and many other sports is the same, with the wrists releasing at the latest possible moment. Ideally, the golf club trails the body and arms into the impact area. This late release is also known as 'lag'

Cause 1 - Weak Grip



A weak grip is when the 'V's formed by the thumbs and forefingers point straight up to your nose. This 1-knuckle grip promotes an open clubface. To guard against the resulting slice, some players release the wrists and club early, in an effort to square the clubface.



Shown here, is a more orthodox position for the top hand, with the 'V' pointing to the trail shoulder. This stronger grip makes it easier to square the clubface. This promotes better lag, later release and more forward shaft lean at impact.

Cause 2 - Collapsing



A second precursor for 'Early Release' is collapsing in the backswing. The majority of golfers who over swing are in this category. By swinging too far back to control the club, either the elbows or wrists collapse.



Invariably, in an effort to regain control, the player 'Casts' the club. This causes the usual problems, such as expended energy, scooping, no compression and poor ball striking.

Cause 3 - Tension



We all want to hit the ball further. However, many golfers strive to generate speed by firing the arms and shoulders at the very start of the downswing. This upsets that kinetic chain, with Early Release the result, along with other possible issues such as steep swing plane and 'coming over the top'.



Some golfers who Early Release, try to 'hold' the club back. This effort and tension is counterproductive. Even if the player succeeds in achieving 'lag' in the downswing, the clubface has no chance of squaring due to the excessive tension. The clubface remains open and a slice results.

Early Extension - The Fix



These 2 images show what we're trying to achieve. This picture shows Glen at the top of his backswing, for a 3/4 swing. At this point, he has some hinging of his wrists. The grip is soft, not overly tense and the wrists are very mobile. He has more hinge in reserve..... and that is key.



In this picture, you can see that he has increased hinge in the downswing. Golfers who cast the the club do the opposite, at this point, already losing that lag angle. Clearly, if you're increasing hinge in the downswing, it's impossible to Release Early!

Build Your Swing



Patience is a virtue. It's necessary to gradually build your swing, beginning with smaller, slower swings. If you try to achieve a Late Release with your full swing straight away, you'll be doomed to keep repeating old movement patterns.



Improve your sequencing in the downswing and truly allow the club to 'Lag' behind you. As you become more patient in the downswing, you'll release later. Ball striking will become so much easier for you as you learn to compress the golf ball and hit the turf later.

Drill For Early Release



This super drill is easy to setup. Take a Tour Stick (alignment rod) and push it into the ground on your trail side.

Position the Stick as shown, so that it impedes your arms in the backswing, but doesn't restrict your wrist hinge.



Using a lofted club, such as an 8-iron, hit the golf ball as far as you can, without touching the Tour Stick!

This promotes plenty of mobility in the wrists, as the drill doesn't allow much use of the arms and shoulders for power.

The followthrough should be unimpeded.

THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

If you love our content, have a question,
or just want to say **G'day,**

please go to our YouTube channel to comment.

