EARLY RELEASE IN THE GOLF SWING

FREE TRAINING GUIDE

Early Release Causes

If you struggle to strike the golf ball before the turf and often hit fat and thin shots, then you're probably releasing early.

Early Release or 'Casting' affects many aspects of the golf swing, not least of which, is a poor angle of approach, which leads to 'Scooping'.

Typically, the golfer who releases early is throwing the golf club out in an effort to generate power in the downswing. The trail shoulder and arm are driving the downswing and this power is exerted on the golf club too early to be effective.

Any hinge or lag is lost well before impact with the golf ball.

The major cause for this 'Casting' is tension. The hands and wrists become immobile and the harder the golfer tries to hit the golf ball, the more inefficient the swing.

Another common cause is the overswing. The golfer who swings back too far might be able to hinge the wrists but then starts the downswing with the club.

Lag and a later release aren't things that can be forced. One can't simply hang on. If the club is held late through sheer force of will, and this is rare, then the clubface will probably be left open, leading to a slice.

The late release or late hit are a function of good swing mechanics and patience.

The Late Release Process

Step 1 is to mobilise the wrists. Soften your hold on the grip and waggle the club backwards and forwards. Hinge and release the club exaggerating the motion. Make sure the wrists go through their full range of motion.

This releases tension and activates these important joints.

Step 2 is to start the downswing in the most effective sequence. This is known as the Kinetic Chain and is the same for many activities, such as throwing or hitting a baseball.

It's critical that the lower half of the body initiate the downswing. Ideally, the downswing sequence is fired in this order: Legs, chest, arms, club.

Step 3 is to increase lag in the downswing. Glen demonstrates this by mobilising the wrists and allowing the clubhead to lag behind the hands. Lag is increased as the club is left behind.

The common denominator in the Early Release is the reduction of lag, as the hands straighten very early in the downswing.

By employing this 3-step process, you can learn to sequence the downswing better and learn to wait for the club.

This helps achieve forward shaft lean at impact, which could just be the most important factor, when striving to hit the golf ball first and the grass second.

Don't Slide Ahead of the Ball

A warning - it's very easy to fall into the trap of sliding forward in an effort to hit the ball first.

Truly, you might be successful in eliminating the fat and thin shots but at what cost?

If you're ahead of the ball at impact, you almost have to dump the club early, just to hit it!

You're much better off staying behind the golf ball right throughout the golf swing, from the setup, through impact and into the followthrough.

This is more powerful, gives you a better chance of an efficient downswing sequence and is safer for your back too.

One of Our Favourite Drills

A final drill for you, to help you gain a feel for that late hit.

Hold the business end of the golf club, the wrong end. Grip the hosel and the shaft with your normal grip, not the clubhead.

It's slim, isn't it? Great! This places the club in the fingers and reduces all that grip pressure.

Next, keeping the grip end of the club about a foot off the ground, make some swings.

Listen to the 'whoosh' the shaft makes as it swings through the air. Swing a little faster, louder.

When is the Release? Can you hear the timing of it? As the club feels much lighter this way, it's easier to wait for it and adjust your timing for that 'late hit'.

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.