



CLUBFACE CONTROL

WRIST ACTION TRAINING GUIDE

How a Tennis Racquet Works



There are many misconceptions about how to best control the golf clubface to hit straight shots. Let's demonstrate this simply, with a tennis racquet. Notice how the face of Glen's racquet is facing to the right, a moment before he hits the ball.



Now at impact with the tennis ball, his racquet is facing straight down the fairway. The face of the racquet has rotated a full 90° in the space of about 2 feet! This is clearly a natural motion for anyone swinging a tennis racquet.



A couple of feet after impact, Glen's racquet is over his left shoulder and has rotated another 90°, as he completes his swing. For a typical forehand or backhand, the racquet is only facing the target for that split second at impact.

Clubface Rotation



Hopefully for many, this is a lightbulb moment, with the golf clubface working exactly the same way! The main difference is that the golf ball is on the ground. In the downswing, at a similar position to the racquet, Glen clubface is aiming right.



At impact, the clubface should now be square to the target. The clubface has again rotated 90°, as the clubhead approaches the golf ball. The bad news is that, if we're out of alignment by 3° or more, then we can miss the green or the fairway!



As with the tennis racquet, the clubface continues to rotate, as it swings around the body. This is where many golfers come unstuck, as they attempt to 'keep' the clubface square to the target line for longer than that 'split second'.

The Trail Wrist



Let's discuss how we can understand the subtle changes in clubface angle, as the ball is struck. Once again, Glen demonstrates with a tennis racquet. This time, his racquet face is 'Open', hitting the ball to the right. Notice the angle of his wrist.



Conversely, if Glen allows his right wrist to 'Flex' more through impact, the face of his racquet is now 'Closed'. The tennis ball flies off to the left because of the adjusted wrist angle. Even a novice tennis player would do this 'naturally'.

Wrist Action For Golf



With the golf club, wrist angles have a profound impact on the clubface and the flight of the golf ball. With his bowed lead wrist and 'Extended' trail wrist, Glen's clubface is 'Open'. This imparts spin on the golf ball, producing a 'Fade' shot.



This golf ball has 'Draw' spin on it. Glen has a 'Pronated' lead wrist and more 'Flexion' in his trail wrist. This clubface has rotated more and is 'Closed'. It's important to understand and to feel how the wrists work in the golf swing.

Impact & Release



To produce perfectly straight shots consistently, there should be a certain amount of 'Extension' to the trail wrist at impact. The lead wrist should present with a small amount of 'Flexion' (Bowing). This position also aids compression.



There is a point in the golf swing, where the arms are at their straightest and the club has been fully 'released'. Ideally, this position is about 1 foot after impact. If this position is achieved at impact, then this indicates an 'Early Release'.

Learning To Hit Straighter



Of course, every golfer is different and there will be variances in how the wrists move during the golf swing. The position of the hands on the grip, for example, have a massive impact on wrist angles and the clubface.



By practising hitting shots with an open and a closed clubface, then theoretically, you should be able to hit shots with a square clubface. Through this 'differential training', you can really feel how the wrists affect the angle of the clubface.

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.

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or just want to say 'G'day'

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