

# Get things squared off to hit your targets



## 11: Releasing your club head.

WHEN you have created the correct inside path coming into your impact position, it is important to square your club face to your target in order to make sure your ball travels in the right direction. This drill is designed to help you do just that.

Firstly, take up your normal grip and posture, but stand with your feet together.

Then make a short back-swing in which your arms rotate around your body, with your right elbow folding into your side.

From there, focus your attention on folding your left elbow into your side as you swing through.

Folding your left elbow will make your forearms rotate in the opposite direction to your back-swing, squaring your club face to the target at impact.

Rehearse this drill by just hitting a tee peg at first. Then move on to hitting balls off a low tee, repeating the same feeling.

You should find that, after some practice, that you start to hit the ball more consistently in the right direction.

Then try to create the same feeling in your swing – the sensation of your left elbow folding into your side during your through swing, squaring your club face and hitting more shots on target.

Next week we will look at the start of your back-swing, and making it an arc rather than a straight line.



● Andy Lamb demonstrates how to release your club head

PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips



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