

6-INCH CLUB DRILL FOR SOLID CONTACT

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Train your hands for a solid downswing with this simple drill to visualize and feel how to move the club through impact for more solid golf shots.

Step 1:

Stand with the golf club straight up and down in front of you while gripping six inches from the golf club head.



Step 2:

Take your golf stance with the grip by your left pocket.

Take a back swing, left arm parallel to the ground, and the grip pointing straight down to the ground.

At this point, your right arm is slightly bent. Maintain good spacing with your hands extended in front of your chest.



Step 3:

Slowly swing the club down to impact keeping the grip of the club away from your left side and moving your body weight to your forward side.

This promotes good lag in the downswing and a descending attack angle into the strike.

The key here is to keep the club from contacting your left side as the clubface squares to the target line through impact.

If wearing a watch, show the target what time it is at impact while maintaining the angle of the shaft.



In my experience, players of all abilities can struggle with an "early release" of the club on the downswing.

It is very common to think you need to help the ball in the air by adding loft, but that can often lead to poor contact and distance loss.

De-lofting the club with a downward strike is a great way to ensure better contact, lower ball flight, and more distance.

For more golf instruction information contact Lucas Banks at 704-943-6611 or email at lucas@skybrookgolf.com.