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MORE THAN JUST THE GAME

**SA PLAYERS
ON TOUR**
WHO, WHERE AND WHEN

EXCLUSIVE INTERVIEW

**LEE-
ANNE**

ROCKING SA GOLF!

South Africa's top female golfer Lee-Anne Pace
is taking on the rest of the world

**HOW TO
PLAY**

THE
**SOFT
FADE
& THE
GENTLE
DRAW**

COURSE DESIGN

**WHO IS
'THE SHAPER'?**



**BILLY CASPER / GEAR: FULL SETS / THE NON-EUROPEAN TOUR
MADALITSO MUTHIYA / CONSTANCE BELLE MARE PLAGE**



FLICK THE POWER SWITCH

Practising a hockey-style flick will help you get the feeling of a good release, says PGA pro **Max Birkenhead**.

A lot of amateur golfers lose power in their golf swing because they don't release their hands at impact. In simple terms, the release is the uncocking (or unhinging) of your wrists during the downswing to accelerate the clubhead through the ball.

So many amateurs swing hard at the ball, but lose energy and power because they are only using their arms.

In the correct and incorrect images, you will see the difference between a powerful position at impact (picture 1), where my hands have released and are slightly ahead of the ball. In the incorrect picture (picture 2), I am swinging with my arms only, with the result being that my hands are behind

the ball at impact – a sure power loss.

To get a good feel for the correct, powerful release, I like to get my students to flick an alignment stick along the ground. By dragging it along and then flicking it through – much like a flick in hockey – you will get a better understanding for how it feels to release the hands powerfully through the impact zone. Now transfer the feeling through to your irons and woods and you will improve your ball-striking and power on all shots.

This is a great drill for players of all ages and skill levels. It also helps players to stay down through the shot, rather than lift the head to see where the ball is going. **CG**



MAX BIRKENHEAD

Max Birkenhead is the Swingfit teaching professional at Langebaan Country Estate. Originally from the UK, Max has played on the Ladies European Tour and taught at Pecanwood, before moving to Langebaan.

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