



**PRITAM
SAIKIA**

LESSON TEE

LEAD WITH THE WRISTS

The all-important angle in golf



1

2



3

4



IT'S A STRAIGHTFORWARD logic: different clubs have different lofts which hit the ball in the air. What follows is that the player does not have to make any attempt to get the ball in the air by trying to scoop the ball—the club will do that for him.

Unfortunately, this is an easier concept to grasp in theory, than in practice. Club golfers will break down their wrists at impact (1) trying to coax the ball in the air. Casting, early release and scooping—all refer to a premature release of the wrist angles during the downswing and through impact. Often this can also be caused by physiological reasons. My student Arjun Malik was struggling with his ball-striking—consistently hitting high hooks due to tight hip flexor muscles, which prevented

him from getting into his left side at impact. He ended up hanging back and flicking his wrists (2).

While there's no substitute for a structured physical regimen to build strong golf-specific muscles, here's a drill that will instill the correct action of the wrists through the ball:

DRILL

- Swing back halfway, till the club is just above waist height (3).
- Come into impact focusing on the wrists leading the clubface (4).
- Finish completely by getting all your weight on your left side (5).

Even if you hit 20 balls like this every day, you'll see a marked difference in your ball striking. ♣



PRITAM SAIKIA is the director of instruction at the Ultimate Golf Performance Center at Golden Greens GC in the NCR.