

Fending Off “Uncle Charlie”

There is an old saying in golf, “you can talk to a fade but a hook won’t listen”. This pertains to the concept that a ball hooking towards out of bounds will hit the ground running and a fade lands much softer with a chance to stay in bounds. I won’t bore you with all the math and science, but this statement is directly related to spin rate. Weekly I have students tell me that I have to teach them how to hit a draw. This goal is obtainable but should come with a warning...draws turn into hooks very fast!

The average golfer’s swing speed is between 85 to 100 mph. So what happens when your body stops rotating? Based upon centrifugal force, the club head doesn’t stop moving. The continuation causes the club to whip past the body and the hands to flip. This creates a closed club face that exists to the left early versus extending down the target line.



Incorrect

The way to cure this fault is in either of these two solutions (or a combination):

1. **Keep the body rotating away from the target.** For right handed golfers this means rotating to the left. Remember that golf is a game of opposites! If you swing to the left the ball will bend to the right. The release of the club should be with the body versus the hands.
2. **Lower body clears way for the upper body to come through.** The average player has a tendency to hit the ball with the upper body versus using there the core and legs. Your belt buckle should face the target well before the sternum. If your lower body clears out of the way this creates a channel for the club head to extend down the target line.



Correct

The next time you are watching golf on TV, pay attention to which way the leaders tend to hit there tee shots down the stretch. More than likely you will see them opt for the fade. It is a much more controllable shot. If you need help on curing the hooks or any other area of your game please visit www.brianflugstad.com to book a lesson and let me show you how to become the player you have always dreamed of being!