

# “The Flip”

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One of the most common mistakes I see in the golf swing is the early release, more commonly known as a “flip”. This occurs when the club head passes the hands before impact and you see a cup in the left wrist. More times than not it is a result of the player trying to square up the face. When we study tour swings we see that the hands actually lead the club head into the ball. This creates a good shaft lean towards the target. The result is proper decent into the ball resulting in good compression. I have never been good at math and equations, but here is a formula that makes sense even to me:

**Compression = Spin = Trajectory = Distance**

Here are a couple of drills to help you learn how to lead with your hands.

## 1. Hockey Stick

If you take a hockey stick and set up for a slap shot, you will notice that your hands are separated (for right handed players your right hand will be further down the stick). As you work through the ball your hands have to lead blade. If you “flip” the handle of the stick will jab you in your lead side. This drill can also be done with a golf club in the same fashion.

## 2. Swing Alignment Rods

Take two alignment rods and grip them like you would a golf club. Make a full swing and listen to when you hear the swoosh. If done properly, the swoosh will occur at impact and on the follow thru. If you hear it before where the ball would be this means you have released the club too early which results in the flip. The goal in the golf swing is to create maximum club speed after impact. This means that your club head is accelerating at the point of contact. Remember, we swing thru the ball not to it!

By learning to have your hands ahead of the ball at impact you will not only improve contact but also increase distance. I hope these drills help and remember to visit [www.brianflugstad.com](http://www.brianflugstad.com) to book your next lesson!