

Release power to get the perfect finish

3: Release to your Finish

LAST week we covered how to unwind the power from your back swing, so we'll now look at how to release to a finish.

When you pass through your impact position your right arm turns over your left, with your left elbow folding in towards your side.

The toe of your clubhead points up towards the sky.

Your left hip is clearing out of the way, allowing your arms and body to start turning through to face the target.

The second picture shows the continuation of your arms and body rotating through until you reach your finish, where your body is directly facing the target.

Your upper body is now positioned directly over your left leg with your club across your back.

You are up on your right toe in a balanced position, with your weight on your left side.

Next week, we will look at your posture at the address position.



● Andy Lamb demonstrates how to release to your finish

PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips



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