



Talking in the 19th Hole

WEEKLY TRAINING 11

WRISTS HINGE IN BACKSWING. The leverage of the wrists on the backswing is an essential source of power. Leverage improves club control at the top of the backswing, lag on the downswing, increases clubhead speed through impact, and helps square the face on impact. The technical gestures that promote leverage are a more sustained grip on the fingers, the correct action of the wrists, and torsion.

The wrists hinge begins after the takeaway with a slight break to reach $\frac{1}{2}$ swing. The $\frac{1}{2}$ swing to $\frac{3}{4}$ swing is where the greatest wrist break occurs. From $\frac{3}{4}$ of the swing to the top of the backswing, there is still a slight wrist break which is greater in the woods than in the irons.



The $\frac{3}{4}$ swing position on the backswing when the left arm is parallel to the ground is a point to assess whether you are making the correct break. There are three possible positions:

The left arm and the club form an angle greater than 90° .



The left arm and the club form a 90° angle.



The left arm and the club form an angle less than 90°.



The position greater or less than 90° is acceptable if the variation is 1 to 10°. The irons will generally carry 90° or less while the woods will carry 90° or more.

The mistake of breaking late is more common, especially among boys and ladies, which causes them to overswing because the weight of the club overcomes their wrists. When the wrists are broken late, they are usually released prematurely. Players have trouble breaking their wrists due to a lack of mobility and strength in the wrists. The suggestion is that they strengthen their wrists and forearms with physical training.

Exercises to hinge the wrists to ¾ swing:

- Hinge and turn. Take the normal address. Raise your arms and hinge wrists. So that your hands are in front of your chest and the club is vertical. Turn your shoulders to the "L" position.



- Club on the shoulder. In the address, put the club on the right shoulder. Turn your shoulders and form the "L."



- Tee in the butt end. Place a tee in the vent hole of the butt end of the club. Take the normal address. Do the backswing to the "L" position. Make sure you can see the tee.



- L with the left arm. In the address, take the grip only with the left hand. Do the backswing. Make the "L". Join your right hand to the grip.



- Inverted grip. In the address, take the grip with the hands inverted. Do the backswing to the "L" position. Change your hands to the normal grip.

Comentado [MMO1]:



- Butt end - navel and "L". Take an iron from the shaft with the normal grip and place the butt end on the navel in the address. Turn your shoulders and chest up to ½ swing, keeping the club connected to your navel. Continue turning your torso and hinge your wrists into the "L" form.



- Thumbs to the sky. In the address without a club, put your thumbs pointing forward. Do the backswing by pointing your thumbs at the sky.



- Grip with the right index finger extended. Take the grip with the right index finger extended. Do the backswing by breaking your wrists until you form an L and your right index finger points to the sky. Feel some pressure on the right index finger.



https://www.youtube.com/watch?v=seIreXR-B7Q&list=PLsYr1uC75ERgYQU_LQgRKBaDtqsXy-ns2&index=19

https://www.youtube.com/watch?v=RPqrYIII1D4&list=PLsYr1uC75ERgYQU_LQgRKBaDtqsXy-ns2&index=20

Improving the wrists hinge on the backswing will make you a better player. **FORE.**

Mateo Melgar Ochoa – Golf Pro

www.handy.golf

www.youtube.com/jugargolf

mateomelgar1969@hotmail.com