

HOW TO Match Your Release to Your Swing

There are two ways to do it, but only one is right for you

THIS STORY IS FOR YOU IF...

- You push your approach shots right of the green
- You tend to “steer” shots with your irons and woods
- You’re not exactly sure what “release” means

The Idea

THINK of your release as the move that slings your club—any club you’d use to reach the green—through the ball and into your follow-through.

How to Put It to Good Use

There are two basic ways to release the club, but only one right way for you. The key is to match your release to your swing type. So...



An active, hand-powered release adds punch to your shots, but is difficult to time correctly.

TARGET LINE



For more consistent contact, use your body turn and less hand action to release the club.

TARGET LINE

If you’re a free-swinger (lots of arm and hand action) with good tempo, release the club to the outside of the target line with your hands and arms. Use players such as Phil Mickelson or Colin Montgomerie as your model. You’ll see them swing from the inside on the downswing and then use their hands and arms to throw the club to the outside after contact. Just concentrate on not unhinging your wrists too early, or you’ll hit a duck hook.

If you’re a body swinger (you like to think about turning your torso more than swinging your arms), then keep on turning and release the club with your body. Think of the swings of Nick Faldo or Steve Elkington. From the top these players focus on rotating their torso to the target—their arms and hands are just along for the ride. Basically, take your address position and turn it to the left. Your swing will move from inside to square and then back to the inside and generate more of a power fade. ■

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