

Hammer It

All of you golfers out there know that one of the most frustrating things that can happen when hitting an iron shot is “Topping” is exactly that, when the golf club hits the top of the golf ball. This not only tends to deflate our confidence in our scores. So how do you stop topping the ball you ask?? The answer is to “hammer” it!! Most of the time when I am on the course I have a tendency to “top” the ball they also have the tendency to “scoop” or try to help the ball into the air. This motion is to pass their hands at impact. However, all good ball strikers lead with their hands at impact and strike down hitting the ball hence the term **BALL STRIKER**.

The picture to the left illustrates what a good impact position looks like. This can be used as a drill to emulate the proper swing. The shaft is leaning toward the target. Quick Tip: use a mirror to check your positions. The second picture will help you visualize hitting into the ball as if the golf club is a hammer and you are driving the nail deeper into the ball. One of my favorite drills is to hit the ball and the sound that is made when hitting balls. Start with half or three quarter swings at 60% effort until you get the sound you should hear a click from the club hitting the ball first then a thud from the club hitting the ground. So during your practice hit it!!

