

2.1 Golf Swing Power Drill: Hammer Throw Release

Hi guys, and welcome back. I'm Clay Ballard, you're watching Top Speed Golf and today we're going to talk about the Hammer Release Drill.

We're going to talk about lag, we're going to talk about how to really release the club and how you should feel the momentum of the club releasing.

We're going to do that by having a hammer, so if you've got a hammer at your house, go ahead and grab it, and we'll talk about some of the momentum in the swing.

So let's go ahead and set up here again. You remember from the previous drill that our release point is going to be about 45° coming through contact.

So my hips, my shoulders, my arms, everything is going to be releasing about 45° out in front, so straight up and down would be 90°, straight at a 45° angle, that's exactly where we want to be.

I have that marked on the ground here today by my ball that I'm going to be hitting, and then four feet in front of that ball, roughly in that ball park, straight down the target line is going to be my release point, or my target release point.

So from there, the reason I have the hammer, is I want to feel, you know these aren't arbitrary points.

I'm not just picking a 45° angle for no reason, this is the point where everything is fully letting go and the ball is simply getting in the way.

That's how we're going to have forward shaft lean, because as we're coming down we have lag with the club in our hands, and as we're going into the release we're releasing from our lag point into this 45° angle, and the ball is getting in the way.

That's why we still have forward shaft lean here, because we're not fully released yet. We're going through the ball, straight into our release point.

So if we grab a hammer, or anything that has some weight to it, what I want you to feel like you're doing, don't actually throw the hammer, you're going to hurt yourself if you do that, it's going to kick back up, hit you in the shin, break your leg, or something like that.

We're not actually going to throw the hammer, we're just going to feel like we're throwing the hammer.

Don't let go of the hammer, I warned you, don't hurt yourself.

So as you're coming down, we have our lag position, and now I'm going to feel like I'm throwing that hammer directly into that ball.

I'm going to feel like I'm lagging and I'm really, bam, letting that hammer go, and if you were to release this, all the momentum would be going into that ball.

So I'm going to do that once, I'm going to throw the hammer.

Do not throw the hammer at home, because I don't want you guys getting hurt, I don't want you breaking something, a lot of things could go wrong with this, so don't throw the hammer.

I warned you. So you're coming back, you're getting lag, then as we come through, bam, I actually got that ball to kick on down the fairway.

Surprised I hit the ball, that was pretty good. But the idea there is that we're releasing everything into that ball. All the momentum is going in that ball.

So go ahead and practice that, just with the hammer, swinging it. Do not let go, I'm telling you, you could really hurt yourself doing that.

So practice that, get the feeling that you're going to let it go. Once I've done a good 50 or 100 reps, let me go ahead and grab the hammer again.

I'm going to do 50 or 100 reps, just kind of feeling the momentum, and I'm going to visualize that I'm letting it go in front, then I'm going to go ahead and grab a club when I go out to the range again, and I'm just going to recreate that same feeling.

Getting that release in front of the ball, and now my ball on the ground is just simply going to get in the way.

There we go, hit that one really solid. I really like that feeling of having the hammer release, it's a great visual to have, and you'll really start to hit some pure shots.

Practice the hammer drill, don't let go of the hammer, I don't want a lawsuit on my hands here.

Good luck to your guys, work on your game, get that release in the right point, and you're going to hit some really solid shots.