

1.2 Easy Golf Lag Drill: Stick Behind the Ball

Hi guys, I'm Clay Ballard with Top Speed Golf, and today I have an absolutely great drill for you to help build your lag.

Now we all know, all the top pros have tons of lag, they're using this lag to create leverage in the golf swing, and that gives them swing.

So as they're coming into their down swing, they're creating a sharp angle between the wrist and the club, then they're releasing that to get tons of speed.

It's the only way that you can hit massive, massive drives, crisp irons, really crush the ball even if you're not very strong because you're creating a lever doing this.

I have a great visualization for you, super easy drill today that's going to help you to get this concept and make it easy.

So let's go ahead and get started.

OK, so when we're getting lag, really all we're doing is we're conserving our energy until the very last second, then we're going to let that club snap through there, get a lot of speed, and really get that thing to crack.

So as I'm coming down, let me explain to you how this creates speed for those of you who may not be aware of this.

As I'm coming into the down swing, I want to have a sharp angle between my forearms and the club.

So here I'm storing up energy, and then as I'm getting close to contact, I'm going to release this energy and let the angles completely release as I come to the full release point.

For those of you aren't familiar with my scratch system on the website, I walk through exactly how you should release the club, and I really talk about how the proper release is 45° past impact, that's when both arms are straight and the club is straight with the arms.

That's when I've gotten rid of all of this angle as I'm coming through.

So a great visualization for this is just simply think about as I'm making my down swing, as my arms start to work in front of my body, I want to get my arms as close to the ball as possible and still have the butt end of the club pointing to the right of the ball.

So let me explain what I mean by this. As I'm coming down, I'm going to shift my weight to the left, I'm starting to uncoil with my body, and as my arms start to work in front, I want to visualize this club as pointing to the right of the ball.

A great way to see this is by picking up an alignment rod, any stick that you have laying around your house, and I'm simply going to hold that as I have my club.

I'm going to take my grip, and in my down swing, I'm simply going to try to keep this stick to the right of the ball as far into my down swing as I can.

Now I don't want to get my wrist, left wrist, to cup.

That's the only thing I want to warn you about, don't cup your left wrist like this.

That's going to be nice and flat, and I'm going to get my arms as far in front of me as I can, as I'm shifting to the left without letting that get in front of the ball.

Then, I'm going to release everything and get to that release point that I talked about.

You don't necessarily have to use the stick to do this, it's great just to look down at the ball and try to visualize that with your hands and arms.

Do a couple practice swings, releasing the clubs, I'm getting into the lag position, feeling it, releasing the club.

About 100 practice swings, that's going to get you pretty comfortable with this.

Once I've done that, I'm going to try to recreate that in a full swing, really getting a lot of lag late in the swing then letting it go. I have to let it go.

I don't ever want to hold onto lag, I won't get any speed, I'll block it out to the right, I might even hit a couple of them off the hosel, because I'm just holding it wide open.

I've got to let that club go once I get down to the bottom of the swing.

If I do this a few more times, really practice that, it's going to be really simple to get tons of lag, and start hitting the ball a lot farther.

All right guys, work on the lag, do the drill, simple visualization, it's going to help you pick up some serious yards.

I'll see you guys soon.