

Unwind to unleash the maximum power

2: Unwinding the Power

After I explained about loading up the power in your backswing last week, now is the time to talk about how you should unwind that power in your downswing.

Firstly, it's important to start your downswing with your left hip and knee moving forwards towards your target, letting your upper body respond to that movement.

Your arms move down towards the ball, maintaining the angle of 90 degrees between your left arm and the shaft. This is 'stored power' to deliver later.

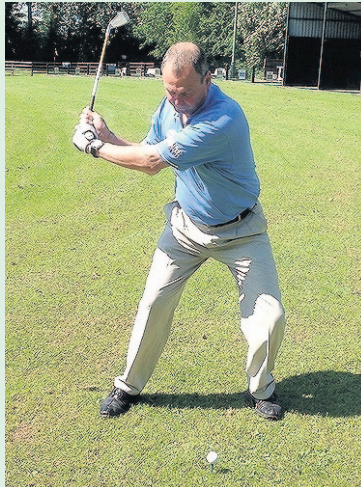
From here, your hips start to rotate and unwind, bringing your arms down to a pre-impact position where the shaft is parallel to the ground and the target line again as it was in your backswing.

Your wrists then unhinge, releasing the club head and squaring it to the target. At impact, you hit against your braced left leg, with your left hip clearing - which stabilises the hit.

Your left arm and the shaft should be one line, with your hands slightly ahead of the club head. That enables you to hit down on the ball, creating a clean, crisp strike.

Next week, we will go over how to unwind through to a good finish.

● For more information on the Andy Lamb Golf Academy, visit andylambgolf.com, email info@andylambgolf.com or call 07887 422140.



● After focusing on the backswing last week, professional Andy Lamb demonstrates how to unwind the power in your downswing

PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips



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