



Ball Release Impact Drill

Purpose:

Improves weight transfer and balance, while training proper release through impact.

Benefit:

Improved body, arm and club release on target line. Reduces early or late arm and hand release at impact. Reduces “over the top” and “casting” maneuver.

Instructions:

Stand holding a basketball, medicine ball or swiss ball in primary tilt, rotate into proper backswing position, begin downswing into impact position where you release the ball down target line, allowing hand to follow through.

Quantity:

Reps _____ sets _____



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