



YOUR COACH

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DIY DIAGNOSIS

CLEAN AND PRESS

The next time you're waiting for the kettle to boil, find a coat hanger and start working on a much better impact position for your irons...

1 Downwards desire
Average attack angle for a 7-iron on the PGA Tour is downwards by 4.3° . Though 4.3° is not a huge angle, it is significant; it applies pressure into the ball with a lofted clubface, and generates a strong impact. A downward strike also aids crisp, clean contact and goes hand-in-hand with a little delofting of the clubface, creating power and penetration.

2 Grab a hanger
A coat hanger can help you feel and train the hand and wrist position that delivers this pure, compressing strike. Grip it along its straight, hanging length as shown; the hook end will sit somewhere between your forearms. Now bow the lead wrist (gloved) and flex the trail wrist until the top of the hanger bumps up against your lead forearm.

3 Groove the feeling
This move – bowed lead wrist, flexed trail wrist – is exactly the same the top golfers make to compress their irons. It pushes the handle ahead of the clubhead, creating forward shaft lean and delofting the face, and promotes a strong, descending delivery into the back of the ball. Practise it with a hanger then take it to the range.