

PLAY BETTER

CLASSIC LESSON

GARY PLAYER'S BLADE OF GRASS

It is sometimes hard to accept the swing problems you and I grapple with are the same ones that plague the best golfers in the world. But here is a classic example. Gary Player's occasional hook came from the same mistake thousands of golfers make the world over – and tamed with a simple lesson from John Jacobs... and a single blade of grass.



2



Blade sharpener

Jacobs gave Player a tip to get his hands to work more in unison. He asked him to place a single blade of grass on top of his lead thumb, and add pressure from the trail palm to secure it in place. All Player had to do was apply enough pressure through the swing to stop the grass from falling out. His trail hand was instantly becalmed, and that quick, closing face became a thing of the past.

1



Early release

Jacobs saw that Player hooked the ball when he released the club too early in the downswing. Effectively, his hands and arms were outracing his body, leading to an early forearm rotation and a closing clubface. Jacobs traced this early release to the hands working independently of each other, with the trail hand taking over the lead.

3

Cleared for launch

Experiment with Jacobs' timeless tip. With the trail palm pressed in against the lead thumb, you'll gain more control of the face and create a release that holds the face squarer for longer. But work on this in tandem with a feeling of your lead hip clearing. This will help guard against rolling the face shut and help you sync up the arms and body through the strike.

YOUR COACH



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WHY IT REMAINS RELEVANT TODAY
 Growing up, Player was always small for his age and had to develop a hard, slinging hook to compete for distance. A closing clubface became an ingrained part of his release pattern. His story may not exactly echo yours or mine, yet it's rare to meet a club golfer who does not want to hit the ball that little bit further. In chasing extra yards, we can easily hit a little too hard and too early with the hands... and the result is almost always a hook.