

# **Straight Ahead**

By Robert Keyes

Director of Golf Instruction - Picton Golf & Country Club  
& Keystroke Golf Academy

## **“It’s All In Your Hands”**

Imagine if you had the ability to aim both your body and your clubface correctly and, shot after shot, were able to make pretty reliable golf swings. Swings that travel along your perfectly aligned body. Wouldn't that be great! Somehow though, for reasons unknown, you still end up hitting shots that are not to your liking. (i.e. slices, hooks, etc.) What is happening?

Yesterday, I was invited out to play with some golfers whom I had never met before. It was a 4 man best ball and each of them seemed to have various alignment issues. I was sure that they were going to have to make adjustments, or take detours during their swings to compensate for this incorrect alignment. If they didn't, their shots were likely going to end up somewhere other than where they wanted them to end up. Often, even with these compensations, they ended up in some pretty undesirable spots.

If you need to get a friend or someone who can "really" set you up so that you're aligned correctly to your target area, do it sooner rather than later. Then, you'll be able to move on to the next stage. So, in this session, let's discuss what the hands are doing during the golf motion and learn how they could be contributing to the bad shots that seem to pop up out of nowhere.

Many of the unnecessary movements in the hands, come about as a result of misalignment and just plain “thinking bad-swing thoughts”. And any thoughts that focus on anything other than balance & tempo qualify, in my world, as bad swing-thoughts.

Many of these unneeded movements take place at the top of the swing, just before the transition to the forward or second part of the swing occurs. If, in this transition section, you are not allowing your lead, or "A" side to begin the move forward to and through the hitting area, you've most likely introduced wasted motion. The hands are usually the guilty party. Golfers somehow are always trying to manipulate the clubface into a certain position. Even if you haven't quite figured out this "transition" section, it's still vitally important to maintain the correct hand position at the top. All good golfers do this.

One great way to check to see where your hands are at the top is to take a closer look at the back of your lead or "A" hand (left hand for a R.H. golfer) when you reach this point in the swing. Have you bent or rotated the lead wrist one way or another? I see this often!

If you notice that you have not maintained a straight line, which continues from your forearm and into the back of the hand through to the knuckles, you've changed your clubface angle.

This is one of the main reasons that you are not hitting your shots "crisply". Another great advantage comes from eliminated those hyperactive hands - more distance.

Of course, you'll have to do this slowly. You won't be able to notice this at regular speed. If you can determine that you have bent your wrist either one way or another, you can correct the issue easily. Instead of doing a full practice swing, simply incorporate a swing that goes to the end of the first half of the swing. Take a look at where you are. If you haven't maintained your hand position, you'll be able to make the correction. Then duplicate this position with the swing that counts.

Hitting shots where you have seen, heard and felt a positive result, will be all the convincing you'll need to stay with this simple swing-thought.

As always, good luck and happy golfing. It's all in your hands!

If you have any questions regarding the areas we have discussed today or have any queries about material from past articles, you can contact me at 613-885-9883 or, if you prefer, by email at [northstring@gmail.com](mailto:northstring@gmail.com). I'll be glad to help in any way I can.

**Until Next Time...Straight Ahead!**