

What is lag?

1. Lag is the term used for the action of the clubhead lagging behind the hands as the club comes into impact. If you lose lag you will lose power and consistent connection.
2. The lagging of the clubhead is a fairly natural motion and usually goes wrong when you try and lift the ball into the air or slow down your swing.
3. Keep the hands loose and moving forward through the ball with good speed and you shouldn't lose lag.

Keep in mind to allow the club to do the work for you and not try and do the work for the club and you should be right.

GOOD LUCK,

Anne