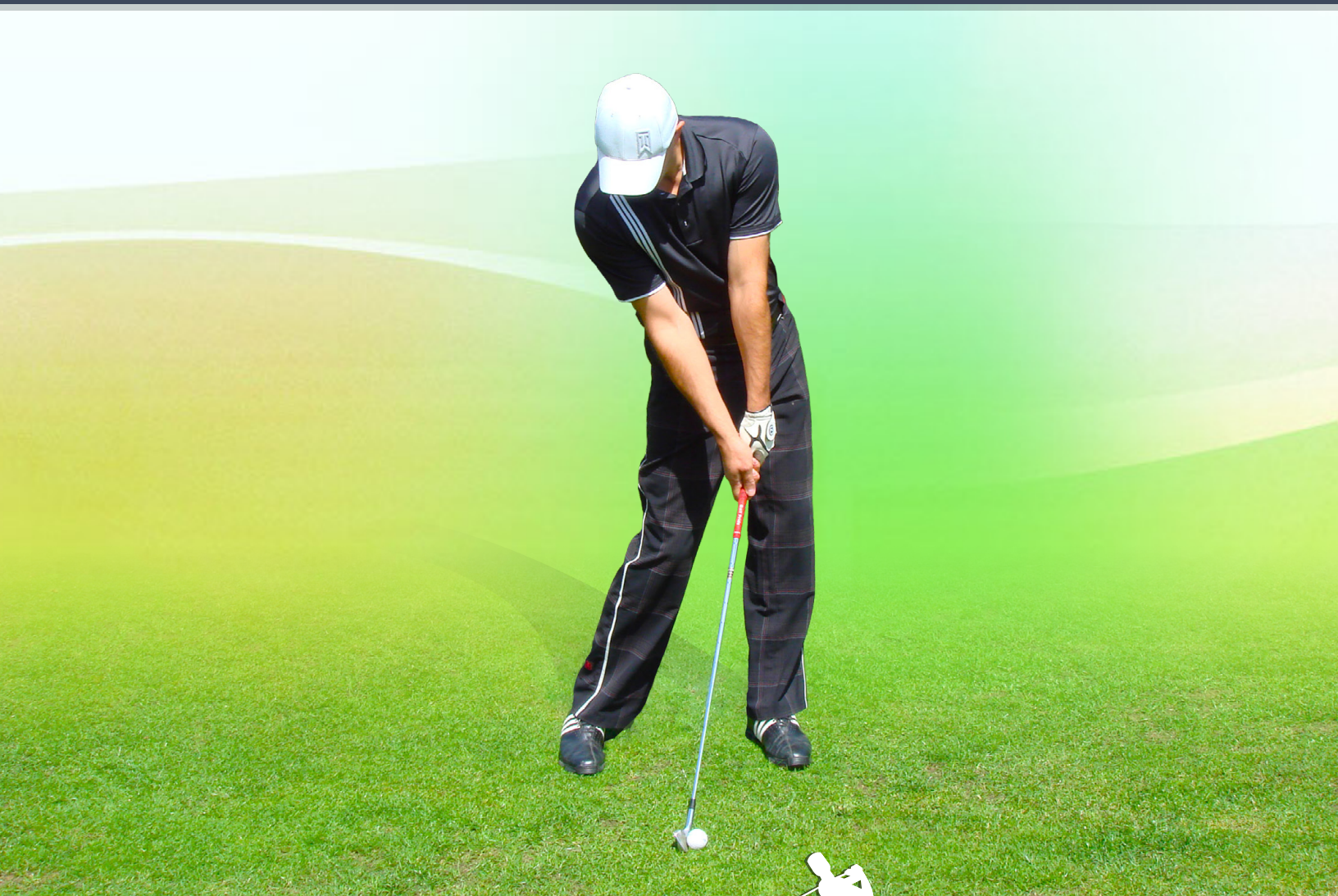


Learn the Secret of Golf Feel, Create & Sustain the Lag



...

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Golf Lag Tips

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Table of Contents

1.	Confessions of a former “hacker”	6
1.1.	Genesis.....	6
1.2.	The Golfing Machine	9
1.3.	A magic discovery!	11
1.4.	Why your golf teacher will fail at helping you?	13
2.	Back to school.....	16
2.1.	Geometry of a bad stroke.....	16
2.2.	Geometry of a good stroke - the secret of the left shoulder	19
3.	The imperative: The Flat Left Wrist	23
4.	Dragging the Wet Mop	29
4.1.	Instructions manual.....	30
4.2.	Wrists positions.....	36
4.3.	The purpose of the “Drag the Wet Mop” drill	39
5.	The pressure in your hands	41
5.1.	How to reproduce it again.....	41
5.2.	The pressure points.....	43
5.3.	Pressure what for?	45
6.	What is Lag?	48
7.	Introducing the “Lag-o-Metter”	51
7.1.	Operating instructions.....	52
7.2.	The key steps of the Swing and the “Loading”	54

7.3. A swing WITHOUT Lag in the Lag-o-Metter	56
8. Gentlemen, start your engines!!!	60
8.1. The race car analogy.....	60
8.2. Scenario 1: crossing the finishing line as fast as possible	61
8.3. Scenario 2: crossing the finishing line with the biggest acceleration	65
8.4. Racing results!	66
9. Creating and sustaining the Lag.....	68
9.1. Pressure, are you there?	68
9.2. “The Ball Retriever” drill.....	70
9.3. Average golfer’s swing with the ball retriever	77
9.4. In the eye of a Lagging swing.....	77
10. Integrating Lag in the Golf swing	82
10.1. Basic Motion	83
10.2. Basic Motion swing sequence	89
10.3. Acquired Motion	90
10.4. Acquired Motion swing sequence	92
10.5. Total Motion and playing the course.....	94
10.6. Total Motion swing sequence	98
11. The secret is in your hands	101
12. Why is Lag the only secret of Golf that you really need to know?	105
13. Lag, distance and swing speed	110
14. Conclusion	114

Chapter



1. Confessions of a former “hacker”

1.1. Genesis

The first time I took a golf club in my hands was in summer 2000. Until then, I was a professional Tennis player and Golf never really interested me that much. To me, it was a static sport - and therefore, much less difficult than Tennis.

Moreover, as a Tennis player I was able to do almost anything with the furry yellow ball. So, when I started playing Golf, I was deeply convinced that I would make short work of this small white ball!

This is what happened during the first four years of playing the game: Based on my Tennis skills, my Golf level quickly went down below 85.

All of a sudden, all these easy improvements stopped.

I was able to hit the ball above average but not well enough to regularly play around 15 above par.

No problem I thought, as a seasoned competitor I’ve already been there: I knew that sooner or later, practice would be a necessary step towards game improvement!

In Tennis, I knew that after standing in front of a coach bombarding you with tons of balls for hours, progress would be guaranteed - your muscles strengthen, you start to move faster and your coordination is getting better.

There was therefore no reason that this could not apply to Golf: I just had to spend endless hours at the range and patiently bash ball after ball.

Piece of cake, the PGA Tour had better watch out!

“ *That was obvious: if I could find a way to copy the swing positions of the pros as seen on video, I would necessarily end up striking the ball like a pro, or at least like a very good player!* ”

And I went to the range again and again!

A year later and a good ton of balls scattered all over the place, I had not really improved as much as I expected to.

“*Never mind*” I said to myself,
“Practice more and it should come along nicely...”.

Then I went Golf berserk! I started to subscribe to every Golf magazine I could find, devoured all the books and DVDs produced by the most renowned and trendy coaches in the business, watched in slow motion every detail of every swing of the PGA Tour players under every possible angle and committed myself to make my swing a perfect copy of what I saw.

That was obvious: if I could find a way to copy the swing positions of the pros as seen on video, I would necessarily end up striking the ball like a pro, or at least like a very good player!

Surprisingly enough, it did not work either: However, I was able, with some success, to mimic the swing style of a pro player...and in the opinion of my fellow partners, my swing had become very “clean”, very academic and nice to watch!¹.

¹ we all know that good advices offered by our friends really are not worth anything!

The problem is that on the contrary of the visible improvements in the positions, the efficiency did not increase at all!

Worse, my game was getting more and more beautiful to look at, and at the same time I had a feeling that a kind of bad habit of inconsistent striking began to settle!

It was visible on the videos of my swing: Everything looked like a pro except in the impact zone - the club head was becoming uncontrollable and impact felt weak compared to what I saw in the professional players.

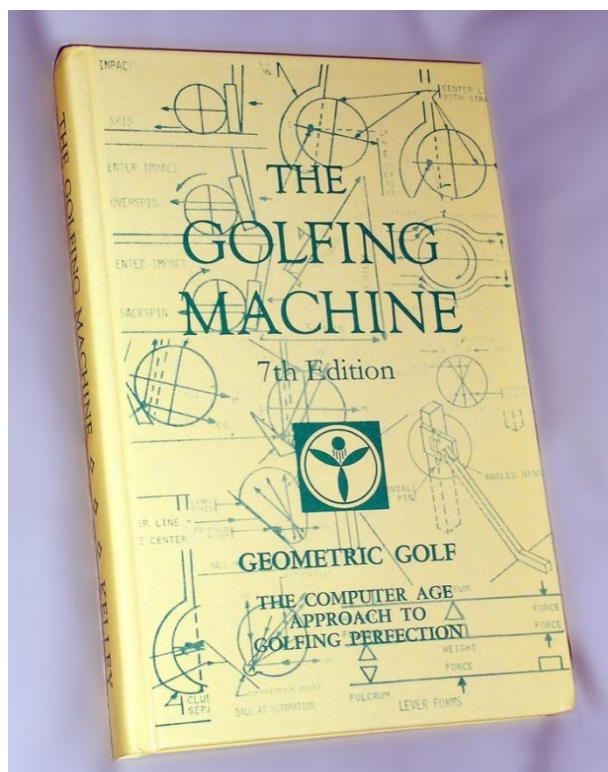
Despite all my strength and efforts as a hardened athlete, there was no way to force the club head to comply: an invisible and irresistible power was forcing my left wrist to bend at impact.

I was just another case of the dreaded “club head throwaway”.

It was very disappointing because I had read all public information available about the golf swing, spent endless hours bashing balls at the range, got lessons from several teachers and absolutely nothing seemed to help with this issue on my full swings.

1.2. The Golfing Machine

Hopeless and ready to try anything to get out of this dead end, I stumbled upon a book that was particularly esoteric and indigestible at first glance: “The Golfing Machine”.



If you have ever read it (or just even tried to!) you know what I mean: At first glance, it is simply impossible to understand a single thing!

I had to double check that the book was really dealing with Golf and not a lesson in geometry / physics out of the twisted mind of a crazy scientist.

Again, reading this book for the first time is a real pain! Mainly because it is not really a book per se, but rather some sort of catalog of ALL the of the golf swing's components.

Better (or worse!) it goes deep into details about ALL every possible and “geometrically” correct combination suitable for use in a Golf swing. And as if that were not enough, the whole is generously seasoned with geometry and physics!!! (Bon appétit!)

Eventually, with perseverance, I managed to make my way through and started to guess the hidden meaning behind all this.

Step by step, I slowly managed to get the meaning of a few chapters.

And at last, a few years later, with lots of re-reading and a lot of research, the light went on and I finally understood the true meaning of the book.

It's a whole new approach to Golf, forcing you to reconsider the swing under the prism of geometry and physics applied to propelling a golf ball in the air!

It is ultimately very effective, very accurate... but damn it's complicated and boring!

... and above all, that mumbo jumbo is simply out of reach for the average golfer!

One purpose of my blog and partly this book is to explain in layman's terms the most interesting concepts introduced in "The Golfing Machine".

Among those elements, a nugget particularly caught my attention: it deals not only with the "club head throw away" but also with LAG, a word which I have often seen linked to high-level Golf, but surrounded by great mystery as nobody had ever succeeded in explaining it to me.

1.3. A magic discovery!

At that time, my game suffered from a lot of technical shortcomings - a recurring slice caused by that infamous “club head throw away”, some occasional fat or thin shots and a good lack of regularity.

I also knew that I did not have that famous LAG and I decided to start looking there.

And suddenly, **it was a disclosure!**

Not only did the LAG gave me power and accuracy but fixed as by magic all the flaws in my swing.

A single magical cure for most of the swing flaws!

That is why many players talk about **LAG as the secret, the Holy Grail of Golf.**

LAG is great because it is a “**dynamic**” concept and not a technical one.

It means that any swing style can work, as long as physical laws, geometry and dynamics are observed.

Moreover, I find it much more realistic that the approach of most traditional teaching methods, that in order to play good Golf you must copy academic positions based upon an ideal model!

If it was true, how to explain the effectiveness of unconventional swings from champions like Jim Furyk, John Daly or Bubba Watson?!

I find this reassuring and rather good news for you because you will be able to keep your own swing style, reflecting your very own personality.

We'll just look at improving its “dynamic” component, as the pros players do...

“ *A single magical cure
for most of the swing flaws!*

Chapter

2

2. Back to school...

I know, I know, nobody likes going back to school, but trust me, you'll love that lesson!

2.1. Geometry of a bad stroke

Let's start with the geometry class first!

With a ball positioned mid-stance, most average golfers feel the urge to "scoop" the ball into the air and visualize impact this way:

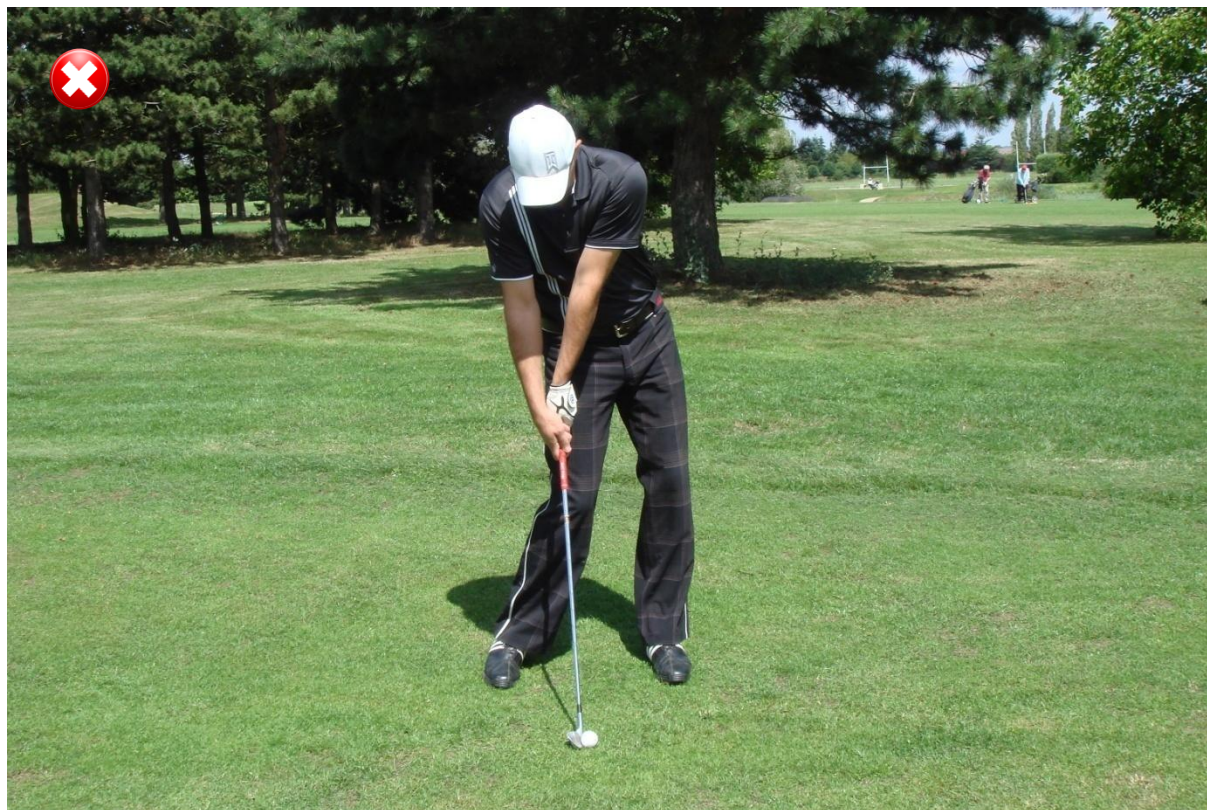


Figure 1 - Scooping the ball - a bad and weak stroke

Chapter

3

3. The imperative: The Flat Left Wrist

Now that you're first in class in golf geometry (!), let's see how it goes in the real world.

The first thing to do in order for this nice geometry to work is to make sure that you keep the radius of your swing arc in the shape of a line.

Let's have a look at the impact position of various players, ranging from the beginner to the champion:



Figure 1 - Beginner: the left wrist bends, the right wrist flattens

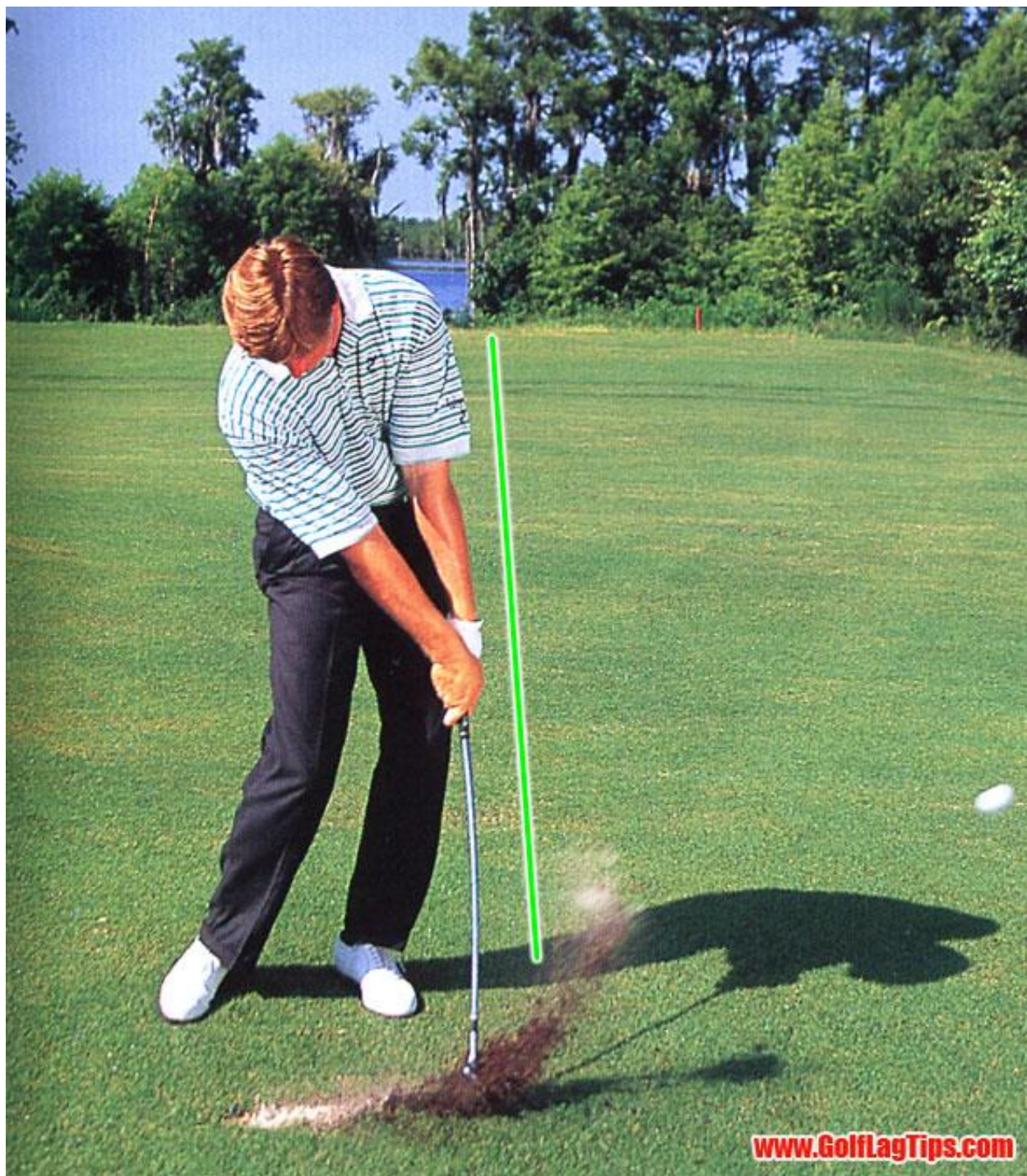


Figure 4 - Pro (Ernie Els): the left wrist stays flat, the right stays bent - full leverage



Have you noticed? She's the same player on Figures 1 & 2...

In between, she followed the instructions you'll learn in this book! ... and the most incredible is that she had only four practice sessions between the two shots!!!

Chapter

4

4. Dragging the Wet Mop

One of my favorite tip is to “drag the wet mop”!



Well OK, I know what you think: No way to do that in your local club without looking a bit ridiculous...

Don't worry; there is a way to make you feel the same with a golf club rather than with a broom in your hands!



While dragging the club on the ground, you must press and drag hard enough to bend your shaft:

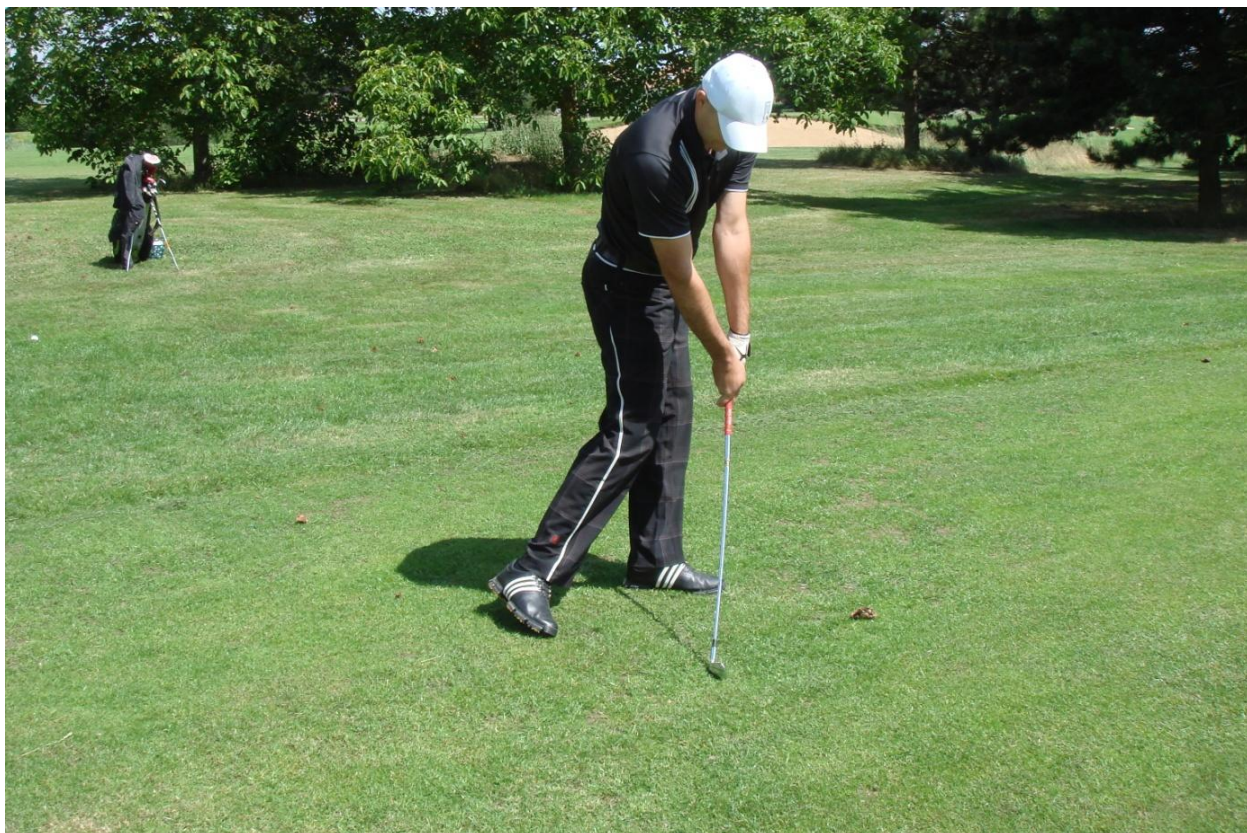


Figure 2 - Make sure to apply enough pressure to keep your shaft bent all the time

You must feel your hands pressing hard against the grip at the following locations:

- the last three fingers of your left hand (*Figure 3*)
- the palm of your right hand (*Figure 4*)
- the index finger of your right hand (*Figure 5*)

Chapter

5

5.2. The pressure points

Focus now on the pressure in your hands.

You must feel without fail three different pressure locations:

- the index finger of your right hand
- the last three fingers of your left hand
- the palm of your right hand where it touches the side of your left thumb



Figure 3 - Pressure in the last three fingers of your left hand

Chapter

10



Figure 4 - The hands have already passed the ball before impact

Any quick and jerky motion is wrong. Avoid any feel of quickness, speed and over acceleration.

Instead, you must feel slow and heavy in your index finger (PP#3).

Distance is not the goal here. So put your ego aside and focus on getting a solid contact in which **you constantly feel your right index finger of your right hand pressing hard against the shaft.**

You'll undoubtedly recognize a good stroke by the feel of heaviness and compression of the ball. You'll feel it jump out of the club face in a very strong and solid contact. The sound is different too.

You may have to hit at least two or three buckets of balls before you start to feel that you are able to contact the ball differently.

10.6. Total Motion swing sequence

Here is a Total Motion swing sequence:



