

Top 10 Ways to Improve Your Golf Swing



A GUIDE FOR ALL LEVELS OF EXPERTISE

Top Ten Ways To Improve Your Golf Swing

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A Game of Precision

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A Game of Precision

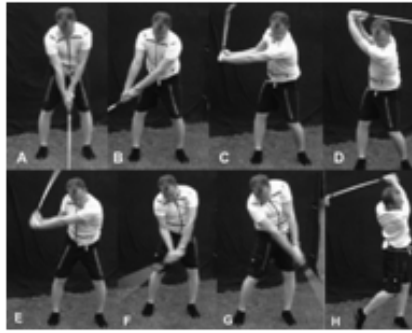
Ask any golfer and they will tell you that golf, whether professional or recreational, can be a rewarding yet frustrating experience. Most golfers constantly veer between satisfaction and dissatisfaction regarding their game. That's because golf is not something one can master in a lifetime, not even if your name is Tiger Woods. Golf is a game of precision and precision is difficult to repeat, even for the pros. Chances are, what works one day won't work the next. In fact, every journey onto a golf course presents new obstacles and new experiences from which you can learn. That is what makes golf so exciting – you never know what awaits you when you step onto the green.

That is why for most players, golf is a journey of personal discovery more than a game. Golf will actually teach you more about yourself than any other activity, such as how you react under pressure, your ability to remain consistent, your ability to quickly learn and adapt to new techniques, and perhaps most importantly, how to master your emotions. Whether you are an avid pro or a part-timer, golf requires you to be humble. But that doesn't mean you need to stop striving to improve your game. Whether you're new or old to the sport, there is always reason to look at and perfect your golf swing.

Without a solid swing you can never hope to improve. Whether you need to drive the ball 200 yards, or you need to clear a small hill to reach the green, your golf swing is the only way to get there. A good swing will make your game while a bad swing will destroy it. From your starting position, through the backswing, the downswing and the finishing position there are dozens of factors you need to think about. But, think too much and you risk a sloppy shot. Remember we said golf is humbling? The key to a good swing is the concentration on your various movements but also the freedom to relax and let the club fly.

While it can take years, even decades, to perfect a swing, the good news is that there are some easy and simple techniques you can employ to help you make progress more rapidly. In this e-book, we will discuss ten simple fundamentals that you can apply to your swing. While it is true that a good swing is the perfect storm of many moving

and unmoving parts, by concentrating on a few key areas you will begin to see more consistency in your swing, your ball path and distance.



Our advice is to try one technique at a time. Practice in front of a mirror, and then hit a few buckets of balls until you feel you are comfortable with the adjustment. Then move on to the next tip. Before you know it, you will begin to see your swing come together. A perfect storm. Once you can begin to swing with confidence the rest of the game is downhill. Happy golfing!

#1: Practice Your Aim and Alignment

Yes, we will be talking about how to improve your swing. But before you swing you need to know where you want the ball to go. Seems simple, but you'd be surprised at how many golfers, those new and old to the game, miss this one crucial point. If you don't properly aim, you can't expect to get your ball to go where you want it to go. It doesn't matter how great your swing is, without aim you have no shot. And in addition, your aim will determine where and how you stand next to the ball. So first, let's concentrate on how you should set up your shot through properly aiming your ball.

To properly aim your shot:

- Draw an imaginary line to the target.
- Angle your clubface so that it is perpendicular to the target at the end of that line.
- Align your body so that it is parallel to the line.



By definition, aim is the angle of your clubface when addressing the ball. The angle of the club should point towards where you want the ball to go. When you stand with your club directly behind the ball this is your opportunity to determine the exact position you want your club to be in when you hit the ball.

Therefore, you need to have your target in sight so as to know what angle your club face will be. But how do you square your clubface to a target that could be 400 yards away? A simple trick is to pick a spot just a few feet in front of the ball that is on the imaginary line. Then line up the clubface to that spot rather than the target that can be dozens or hundreds of yards away.

Secondly, you will need to align your body in relation to your target. This is called alignment. Your body's position will help determine the path of your swing, and therefore the path of your ball.

To begin, look towards your target, whether it's the tee or a spot on the green. Then draw an imaginary line, a straight imaginary line, from your target to your ball. This is your ideal path. Next you will want to square up your clubface so that it points directly down this line towards the target. Second, you will align your body position so

that it is also perfectly parallel to this line. When your club, clubface, and body are parallel you have good aim and alignment.

Now, if you have trouble creating an imaginary line you can try taking an extra club and laying it flat on the ground in front of your ball along a straight line towards your target. This will help you visualize the line and aid you in setting up your aim. Over time, and after much practice, you will be able to see the line without a visual aid.



Many golfers eschew aiming because it can seem tedious and time consuming. However, you will add strokes onto your game by having poor aim and alignment, and additional strokes are a worse fate than time. You only have one chance to take a shot, so make sure you set it up properly and don't rush through this part of your swing.

#2: Check Your Posture and Stance



After you've aimed your shot and you know where you want your ball to go, you need to properly stand next to your ball so as to get the best possible outcome from your swing. This means you need to perfect your stance. Don't be fooled into thinking that a well-defined stance is not necessary for your swing. While it is true that you can watch a dozen professional golfers and see a dozen different stances, there is one crucial thing they all have in common: they are consistent in their style.

Over time you will develop your own signature stance. But you cannot perfect something until you know you are doing it correctly in the first place. There are three areas you will need to balance before you swing: your feet, your upper body and your knees.

Your stance will begin with your feet. There are two things for you to consider: how far apart they are and how they are angled towards the target. When considering how far apart your feet should be, your toes should first be perpendicular to the target line. Next, draw an imaginary line from your shoulders to the ground and note the following:

- For wedges: the outside of your feet should be touching the lines.
- For middle irons: the center of your feet should be right on the lines.
- For your driver: your insteps should be touching the lines.
- In other words: the longer the club, the further apart the feet.

When creating your stance, keep in mind that you should not be standing with your feet too wide. Your feet should never be wider than how you naturally walk. When your feet are too wide, you will lose the ability to coil your body around during your backswing and that will subsequently lead to a loss in power.

Once you have your feet the perfect width apart, you will first bend forward slightly from your hips so that your club hits its position on the ground parallel to the ball. Next, slightly bend your knees so that your weight is situated at the middle of your feet (not your toes or heels).

This is your ready position. This position is a perfect balance. Bend your knees too much and your upper body will be too upright, and your body will not be able to coil as much as you need to.

Now a word on Posture: Your back should be fairly straight. If you cannot be perfectly straightened while still remaining relaxed, then find the straightest position possible while not feeling too much tension in the back. Your elbow that is closest to the target does not bend during the golf swing until the ball has already been struck.

As you take the club back, your body will turn on the axis of your back leg while your head stays in the same position. Don't make an effort to keep your head frozen in place, or you will tense up. Let your head move a little because it is reacting to your body's movement.

#3: Check Your Grip



Whether you're a frequent golfer or new to the game, chances are you have heard a lot of talk about your grip. The way your hands grip your club is crucial to a good swing.

It is also the element that the majority of golfers get wrong. You may have heard more than a few sure-fire ways to hold your club.

If you're lucky, you got good advice. But just in case, it is worth it to take a moment to review how you should be holding your club so that you can make any necessary adjustments.

First things first: you need to take stock of how your arms naturally hang. If you're a right handed golfer, stand with your left arm hanging loosely at your side. Notice how your wrist naturally turns. You will then want to grab a pen or pencil and grip it in your hand while keeping your hand and arm relaxed.

Odds are the pencil is not perpendicular to your body but angled slightly towards your body, perhaps even 20 degrees. This is the ideal position of your left hand while gripping the club; the reason being that this is the natural position that the hand is going to return to before impact with the ball.

In addition, you need to keep your hands relaxed the entire swing, from beginning to end. The only pressure your hands and fingers should be applying to the club should be the bare minimum to keep the club from flying out of your hands. Imagine holding the club as if you were holding a baby bird. Squeeze too hard and you damage the bird. Sounds silly, but it's true. The more relaxed you grip the club the more power you will exact during your swing.

But how exactly do you grip it? You'll hear more about wrist-hinge later, but if the club is gripped in the palm of your hand, the wrist-hinge will have no effect. You want the butt of the club to start just below the pinky of the left hand and to run diagonally across the fingers so that the shaft ends up in the middle of the index finger.

Imagine, if you can, the club head resting on the ground with the shaft in your hand. Now try this in real life.

- Wrap your entire palm around the club. Try and lift it. This should feel awkward and uneasy.
- Now try wrapping just your fingers around the club. Hinge your wrist once more and it's effortless.

This effortlessness is due to the fact that the fingers control the club better than the palm. This is not to imply that the fingers do anything during the golf swing other than keep the club stable, but that the fingers do a better job of stabilizing than the palms.

Whatever kind of grip you choose is up to you, but whichever one you choose, you should assume your grip position, and make sure that your fingers are mainly touching the club and not the palms.

A proper grip with your fingers, not your palms, allows maximum wrist hinge which allows maximum power.

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