

# The Golf Swing Genius' Guide To Swinging Like A Pro



The Golf Swing Genius

[www.thegolfswinggenius.com](http://www.thegolfswinggenius.com)

# Table of Contents

## **Introduction**

**Chapter 1:** The Setup Made Easy

**Chapter 2:** Getting Your Swing in Sync – Includes the Weight Shift and How to Turn Correctly in the Swing

**Chapter 3:** Maintain Your Angles and Stay Level in the Swing

**Chapter 4:** The Wrist Hinge – A Big Key for Creating Leverage and Power

**Chapter 5:** Easy Ways to Stay “On Plane”

**Chapter 6:** Keys for Perfect Impact

**Chapter 7:** Just Swing at the Ball – Working on Feeling a Good Swing as Opposed to Getting Too Technical

**Chapter 8:** Understanding That Golf is a Balance

**Chapter 9:** Checkpoints for a Great Golf Swing

**Chapter 10:** Common Errors and How to Fix Them

**Chapter 11:** Mental Keys for Improving More Easily

## **Conclusion**

# Introduction

Hello! Thanks for getting your copy of The Golf Swing Genius' Guide To Swinging Like A Pro. I am confident if you use the information given throughout this Ebook, you will have more success on the golf course than you may have even thought was possible. Golf is a game that is meant to be fun. It sure is a lot more fun when you are playing well. I've given you all the information you need right here in this E-Guide to learn to swing the golf club better than many teaching pros would teach you and you'll be able to become a great and successful golfer using these concepts and techniques. One of my big themes that I teach and encourage in my swing system is to keep things as simple and uncomplicated as possible. Many golf instructors have a knack for making the golf swing much more complicated than is necessary. My golf swing solutions are simple, practical, and really work. The key to great golf is to understand your golf swing so you know what is going on. If you hit a bad shot, you know why and know what to do to get right back on track. The worst thing in my opinion is when a golfer hits a bad shot and then follows it up with another bad one on top of that because they didn't know what caused the first bad one.

It's quite common for golf pros to not be able to teach well. Most golf pros only got good at golf from practicing all the time. They may think they know what they are talking about and they often know some very impressive technical jargon about the swing. However, for most amateur golfers this information can be quite useless. What happens a lot of times when taking golf lessons is the golfer thinks they just aren't that good because they couldn't do what the pro said and the pro must know what they are talking about because they are the pro.

I felt the need to write this guide for the average or amateur golfer. It is also a great refresher for more advanced golfers. Beginner golfers will have a great start and

be way ahead of the game with the information presented in this guide also. There are a couple of ways to become good at golf. You could spend all day every day playing, practicing, and hitting balls at the range. Eventually, it is likely you could figure out how to have a pretty decent swing and game. This is the long road however and not the best solution for most people. Golfers need a system they can follow and improve in the most efficient way possible. Most amateur golfers don't have all day to practice like the pros do. You probably have a regular job plus other activities and interests besides just golf. Even if you only play once or twice a month, you should still be able to play well. My system consists of making you a better golfer very quickly. Of course it helps to practice and go to the driving range to work on your game and your swing. But I don't think you need to beat balls at the range for hours and hours to develop a good swing. In fact, too much practice of the wrong things will not help you at all. Practice doesn't make perfect, perfect practice makes perfect. So I'm going to teach you the necessary information about the golf swing that will have you playing up to your potential in no time. Good luck and enjoy!

One additional point I would like to make is when I give instructions on how to do something throughout this Ebook, I am assuming you are right handed. For the left handed golfer, you will have to do the opposite. For example when I'm talking about the grip and putting your left hand on the club first, the left handed player should do the opposite and put the right hand on first. A left handed golfer should still be able to figure this out and still get the same benefit from this instructional guide. If you are a lefty and are having trouble understanding something, feel free to send me an email at [contact@thegolfswinggenius.com](mailto:contact@thegolfswinggenius.com) and I will be happy to clarify any concepts that may be an issue.

## Chapter 1: The Setup Made Easy

The setup is the first order of business you need to start with in order to learn or improve your golf swing. I cannot stress enough the importance of a good setup with correct fundamentals. Having a good grip, alignment, stance, posture, and ball position are the five main keys you will need to be aware of when working on your swing setup. The setup is half the battle in the golf swing. If you have poor setup fundamentals, you will have to make compensations in your golf swing in order to hit good shots. You may have two faults in your swing that offset each other, but you will be much more consistent if you can get your setup correct and then from there learn to swing the club on the proper path with good tempo, rhythm, and some basic swing concepts that will get you mastering your golf swing and hitting solid shots consistently again and again.

### The Grip

The first part of the setup that needs to be correct is your grip. It is very important to have a solid grip so that you are not making compensations in other parts of your setup or your golf swing. The grip is what connects you to the golf club. The grip is the only part of the club that you actually have contact with so you want to make sure your hands are on the club correctly to set you up for the best chance to consistently hit good golf shots.

The grip is really important for hitting solid golf shots for several reasons. A good grip, held correctly in the fingers, will allow you to set the club by making a proper wrist hinge in the backswing. You'll also be able to keep the clubface square much more easily throughout the golf swing and especially at impact.

There are two ways that are both fine for gripping the golf club. There is the overlap grip and the interlock grip. The overlap grip is more popular, most of the players

on tour hold the club this way. However, the interlock grip is fine if you feel more comfortable using that grip. When you interlock, you open your hands and place the right pinky finger in between the left forefinger and left middle finger. Then place the club in your hands and wrap them around the club correctly. With the overlap grip, you'll simply place your pinky finger just outside the left hand sitting on top, specifically between your index and middle finger but on the outside or on top of them.



For the right handed golfer (a lefty should just do the opposite), take and open your left hand. Set the golf club grip in the fingers of your hand and wrap the rest of your hand around the grip. The club should be set on a slight angle across your fingers and then you can simply wrap the rest of your hand around and on top of the grip. The heel pad on the top inside part of your left hand should sit on top of the grip when you are holding the golf club. Also, when you are set up to the golf ball and looking down at your left hand on the club, you should see your first two knuckles. If you see more than two knuckles, your grip is probably too strong. If you see less than two knuckles, your grip is too weak. So you'll need to make your final adjustments with your left hand so that you see just about two knuckles. An exception would be for junior golfers, it is okay for them to have a slightly stronger grip, seeing three knuckles on the left hand would be fine because if they are not very strong yet it will help them gain a little added power

from having a slightly stronger grip.



The position of your right hand should also be wrapped around the golf club grip so that it is also in the fingers of the right hand. Now, there are two lines or V shapes that are formed between your thumbs and forefingers when both hands are placed on the golf club. These two lines should both be parallel or pointed the same way. A correct position would be if these two lines point up towards your chin. Also, a slighter stronger grip will have these lines pointed up towards your right shoulder. So these lines or Vs should both be parallel and should point somewhere between your chin and right shoulder.

A common error many amateurs make with their grip is they hold the club in the palms of their hands. This is incorrect and should be monitored closely to make sure this in not how you are holding the golf club. The golf club grip needs to be held in your fingers for a couple of reasons. You will be able to create more leverage in your swing which will in turn lead to more club head speed and more power. Secondly, you'll be able to swing the club easier and hit the ball more solidly with a correct grip held in your fingers.

Also, make sure to have the golf club grip all the way in your hands. Your left hand should not be hanging off the end of the club at all. The butt end of the grip

should be sticking out just slightly. If this is hard to do, you just have to bend more, or you may need longer clubs.

Your grip pressure should be not too tight, but not too loose either. You shouldn't worry too much about grip pressure, just do what feels natural and you'll be fine. Some golfers have the death grip and grip the club too tightly, but this will cause you to lose the fluidity that is necessary for a nice, smooth swing.

### *The Stance*

The golf stance for most clubs should typically be shoulder width apart. A stance that is too narrow will not be a solid enough base for you to turn around. You'll be apt to make compensations in your swing if your stance is either too narrow or too wide. A stance that is too wide will not allow you to turn properly and shift your weight correctly in the swing. With the driver, a slightly wider than shoulder width stance is good to ensure extra stability since the driver is the longest club you swing. Also, make sure to have the weight on the balls of your feet when setting up with any club. A good test I use with my students is once they get setup up to the ball, I'll walk in front of them and try to push them over at their shoulders. If they are on the balls of their feet, I can't easily push them over. If they are on their heels, it'll be easy to push them backwards. The opposite is also true, if you have too much weight forward or on your toes, you can be pushed over easily if someone tried to push you from behind. So make sure to get the weight on the balls of your feet to ensure good balance. Having your weight too far back in your heels or too far forward on your toes will make you start your swing on the wrong path and you won't be able to hit the ball as well. Make sure to set up in the balls of your feet as this will ensure good balance and a proper golf backswing which will lead to a good downswing and solid striking of the golf ball.

## Posture

Once you have your grip in order and have your stance correct, the next thing to be aware of is your posture. Great golf posture will consist of having good angles in the setup or address position. You want to make sure your knees are bent and you are bending from the hips. There should be angles that form at your knees and your hips. Many golfers will make the mistake of having a rounded back and not much bend from the hips. This is incorrect and you may also develop back problems. So remember to keep your rear end out and your back straight with a good bend from the hips in your setup. If you play any other sports you'll find that the golf stance and posture should be similar to the "ready position" in any other sport. A good setup makes you prepared and ready for action. The setup position in golf is similar to the ready position in other sports. You need to be ready for action as you would be in any other sport in order to make a powerful and consistent golf swing.



In the above picture, you can see how this golfer has good golf posture. There are angles formed with his hips and his knees. There is also an angle between his forearms and the club shaft. Having these angles will help you swing with more power and hit the

ball more consistently.

A simple way to make sure your knee bend is correct is to bend them so they cover up your shoelaces when you look down at your feet from the setup position. You should still see your toes. If you don't, you've bent them too much. If you can see your shoelaces, you're not bending the knees enough. Proper knee bend is good also because it will help you get your weight in the balls or center of the feet.

One final note on the club position: when you are holding the golf club in the setup position, your hands should be a fist and thumb width from your left thigh. You can simply take one hand off the golf club to check yourself and make sure you have the proper amount of space between you and the club. So make sure you are not reaching for the ball and have too much space. Conversely, if your hands are too close to your body, you'll have a hard time swinging the club because you'll probably have the feeling of being jammed up at impact or will have to compensate in your swing in order to hit the golf ball.

## Alignment

Having correct alignment is critical to maximizing your chances of making a good swing with less compensation in it. There are a few things to be aware of if you are going to have correct alignment. You want to make sure your feet, hips, and shoulders are all parallel to your target line. Also, make sure to have the club face aligned correctly. It is easy to have the club face slightly open or closed at the setup without even realizing it.



While you are practicing at a driving range, I recommend placing a golf club down on the ground in front of your feet when setting up to the golf ball. This club should be parallel with your target line and by getting your feet each the same distance away from the club, your feet will be square.

You will be able to check and make sure you are setup with correct alignment much easier this way. Then you can hold a club across your shoulders as well as across your hips to make sure these parts of your body are parallel to your target line and the line of your feet. Once you lay a golf club down along the line of your feet, you can simply take a step back and go stand behind the golf ball. Again, your body should be lined up parallel left of your target line for the right handed golfer. So two parallel clubs laying down on the ground will help you start to see and feel how to align correctly to your target.

Mis-alignment is a very common issue for amateur golfers. It's easy to get your shoulders pointing open or too far left of your target without even realizing it. When you practice once in a while at the driving with a club laying on the ground, it will

become second nature for you to align correctly out on the golf course. This club down drill is very popular for the pro golfers, they are always working on their fundamentals including alignment.

## **Ball Position**

The correct ball position with your driver is off the inside of your left heel for the right handed player. With the woods, you should play the ball almost all the way forward in your stance, just slightly back of the left heel is correct. Now with all your irons, I recommend playing the ball between your left heel and the center of your stance. So right in between the middle of your stance and the front of your left heel is where you should typically play the golf ball. Another way to say this is for all your full swing iron shots, you want to play the ball about 3/4<sup>ths</sup> of the way up towards the front of your stance.

On pitch shots and especially chip shots you want to play the ball farther back in your stance. On your chip shots, play the golf ball all the way off your back foot in line with the inside of your right heel. On pitch shots, the middle or slightly back of the middle of the stance are both fine. The reason for playing the ball farther back on chips and pitches is because you'll be hitting down on the golf ball more, allowing for the loft of the club to get the ball up in the air. Playing the ball back in your stance will allow you to hit down on the golf ball and make sure you are leading with your hands at impact to ensure solid contact.

Depending on how high you want to hit your pitch shot can determine the slight variation in ball position from either the middle of the stance to the back inside heel of the right foot. With sand shots, you should play the ball all the way off the middle of your front foot. You want to make sure you hit a couple inches behind the ball for sand shots and make sure you have enough loft with your club face to get the ball out.

## **Chapter 2: Getting Your Swing in Sync – Includes the Weight Shift and How to Turn Correctly in the Swing**

Once you have your setup in order, the next step is to know how to coordinate the turning elements in the swing correctly. I like to keep things as simple as possible when explaining the golf swing. Too much information or technical talk often can make things more difficult than they need to be and is really not necessary most of the time. Having said that, there are times when it is helpful to discuss and teach a little bit of correct technique. I'm going to explain the basics of a good turn and how to incorporate this into your golf swing.

When it comes to turning properly in the swing, there are a few concepts you should know. In a correct backswing, the shoulders will turn approximately 90 degrees. The hips turn will turn half that distance, or 45 degrees. A common problem many golfers have in their backswing is they turn everything all at once right from the start. There needs to be restriction in the lower body so that the upper body can turn over it and coil properly. So, that means in the first half of your backswing there should be very little if any movement with your lower body. Once the shoulders and upper body have turned halfway, you should be in the middle of your backswing. At this point, then you can turn everything together to finish the top of your backswing. This correct sequence of the parts of your body in the swing will allow you to eliminate a lot of problems that are caused by being out of sync.

When you are making a backswing, you want to shift your weight from the center of your stance over to the inside part of your right foot. Then on the downswing everything comes back to center and then in your follow through onto your left foot and left side and you should end up facing your target. You'll come up all the way on your right toe if you've completed your downswing and follow through correctly. I like to help golfers improve their balance by making them hold their follow through position

longer as if they were going to pose for a camera. Working on getting into a good follow through position and being able to hold it for a couple of seconds will help your balance and your entire golf swing.

### ***Always Lead With the Club***

Another important component of keeping your golf swing in proper sequence is to let the club lead in the swing. The golf club should lead both on the backswing and the downswing/follow through. This can be a problem for many golfers and not doing this correctly can make the golf swing really difficult. So, first on your backswing, you want to make sure you are starting the swing by first swinging the club back on the takeaway. This is then followed by turning your shoulders, and then lastly your hips. Golfers who turn their bodies too early in the swing before the club has gotten a chance to swing up high enough will lose their sequence.

From the top of the downswing, the club should swing down a bit first before the body opens up and starts to turn. Ideally, you want to keep the lower body stable on the first part of your downswing so you can swing the club down with the arms. This will allow everything to come through together at impact which will generate more power for you as you strike the golf ball.

After impact, the club should swing towards your target and then your body turns and follows the club as you follow through to a full finish. Applying the simple concept of keeping the club in front of you will help you hit way better golf shots more consistently.

Many golf instructors talk about keeping the club in front of you. I think this is confusing because there isn't usually any simple explanation on how to do this. Hopefully you now have a better understanding of how what good golf swing sequence should look like and how to achieve it.

## *Getting Your Weight Shift Correct*

It's important to understand how the weight shift should work in the golf swing. Ideally, your weight shift will naturally tend to occur if you are swinging your club and responding with your body. A simple golf swing works naturally as much as possible including your weight shift.

As you swing your club back in your takeaway, your lower body should stay fairly stable. Then, as you continue your backswing your weight will start to shift to the inside part of your back or right foot. At the top of your swing your weight should be primarily on the inside part of your right foot. This is important because if your weight is on the outside part of your foot, you're moving too far laterally or your stance isn't wide enough. The stance is your stable base and you always want to keep your weight inside the frame of your feet/body.

At the start of your downswing, your lower body should stay stable as you swing the club down with your arms and maintain your wrist set or angle. Everything needs to come through impact together so this is where you want your weight to be shifting up to the golf ball (from the inside part of your right foot back to the center of your stance). You want to let your arms swing down a bit on the downswing and then everything can fire through together at impact as your weight shifts to the middle and then continues to shift to your front or left foot on your follow through.

**You want your torso or upper body to be directly in line with the golf ball at impact.** This allows you to use your arms and body together to compress the ball and send it flying farther and straighter. You need momentum to move forward on your follow through as you continue your weight shift after you hit the golf ball. The weight shift is not pieced apart into backswing, downswing, or follow through. It should be looked at as one whole complete motion connected to one whole and complete golf swing. It is simply an element of the golf swing that needs to be integrated properly for extra power and consistency.

The backswing is basically a swing, a turn, and a shift as you swing the club back. Keeping this in mind will allow you to get into a great position at the top of the swing and be ready to make a good downswing and follow through.

### **Chapter 3: Maintain Your Angles and Stay Level in the Swing**

Staying level in the swing is a huge key to hitting solid golf shots. Not staying level in the swing means you are either dipping down or standing up at various points. Ideally, once you have set up with a correct setup position and have good angles, you then want to stay the same height in the entire backswing, downswing, impact position, and start of the follow through. The end of the follow through is the only time the golfer can rise up a little and come out of their angles and posture.

In the backswing, you should try to keep your right knee bent as standing up with the legs is the number one reason the golfer changes their height and raises up. Many golfers try to keep their head down to fix their problem of lifting up or coming out of their shot. Trying to force your head to stay down can cause other problems ranging from stiffness in the swing to an improper weight shift.

Notice in the picture below how this golfer maintains his knee bend during the backswing, especially with the right knee and simply turns while staying the same height. This is the same height from his setup position. The angles from the knee bend and hip bend have been maintained while the golfer swings the club and turns his body.



When you get to the top of your backswing you should have kept the same angles you had in your setup. Your spine angle should be the same while your right knee stays flexed. Your hips will also be bent the same amount as they were in the setup position. The head is also the same height from the setup as it will be in the top of the backswing and also at impact. Any lifting, standing up, or dipping during any part of the golf swing will make it harder to hit good golf shots.

When you are at impact, the knees should actually still be slightly bent and the spine angle will still be in the same position. Impact is almost a mirror of your setup other than your hips will be slightly open or turned towards your target. As you swing the club through just after impact you'll stay in your angles a little longer until the club has gotten about halfway up in the follow through. This is a nice place to start and come up to finish your weight transfer and complete your finish by swinging the club over your left shoulder and turning to face your target completely.

## **Chapter 4: The Wrist Hinge – A Big Key for Creating Leverage and Power**

Once you have established a good setup, you are now in a position to take the club back on the correct plane. In order to generate good club head speed and leverage in your swing, you'll want to have a good wrist hinge in the first part of your swing. So the arms, hands, and shoulders will all start moving on the backswing first in a one piece takeaway. However, added to this should be a wrist hinge. In a proper wrist hinge and takeaway, the hands will stay low and the club head will come up. There should be almost a slight cup in your left wrist if you are hinging correctly. If your wrist is bowed the opposite way you probably have closed the clubface too much. Remember that in the first part of the swing, at the point where the club is parallel to the ground, the club head should be pointing straight up to the sky or just slightly turned in to the right. If the club head points in either direction too much, it is either too open or closed which will cause problems for you in your swing. The wrist hinge or set should come naturally as a result of “swinging the club” properly along the correct path or plane line.

We still want to create a wide swing arc, and it's important not to pick the club up too quickly with the hands and wrists from the start of the backswing. The wrist set is something that can be over done so this is another key where it's helpful for you to have checkpoints to monitor if you are on the right track.

Another point about the takeaway and the wrist hinge is you should feel that your hands stay close to your body going back. The head of the golf club will swing along the correct plane line while it comes up and passes the hands on the takeaway. If someone were standing behind you or you are looking in a mirror, the club head will cover up your hands at the point where the club is parallel to the ground in the backswing. From there, you will continue to hinge and the club head goes up higher than your hands. Everything then naturally swings and you'll turn to the top of your swing with the feel of

swinging over your right shoulder to complete your backswing.



Notice in the above picture how there is a good angle that has formed between the forearms and the club shaft. This is the result of a good wrist hinge. You will gain extra power in your golf swing by having a strong wrist set.

Once you have a great setup and a good mental picture of how the swing works, adding a good wrist hinge will go a long way in helping you develop more club head speed which in turn will lead to more power and more distance. The wrist hinge is what gives you leverage in the golf swing. If a golfer hinges correctly, they will be able to release the club better on the downswing. Releasing the club correctly is just another way of saying your timing is good or correct. It's simply a matter of everything in your swing being in proper sequence and everything (your club head, hands, arms, and body) coming through together at impact all at the same time. The hands will be able to come into the golf ball slightly ahead of the club head at impact thus promoting a more solid hit on the ball. With a good release, you will be able to be much more consistent and hit better golf shots. It is really important to lead with the hands coming into impact but this is possible mostly because of a correct wrist hinge. The wrist hinge is what builds up the leverage in your swing and allows the hands to lead in the impact zone and the club

is able to "zip" through the golf ball better allowing for more solid, consistent golf shots.

## **Chapter 5: Easy Ways to Stay “On Plane”**

The swing plane is a common term used in golf instruction. Simply put, the swing plane is related to the swing path and has to do with the line the club swings on in the backswing and the downswing. Ideally, we want to see the club swing on the same plane as it starts back in the backswing and as it comes down in the downswing near the impact zone. Great golfers all have perfect or near perfect swing planes at impact. When the plane gets off or there are too many planes in your golf swing, it makes golf much harder and you'll have to rely on timing and other compensations to be able to hit a good shot.

Swinging off plane can mean either swinging too upright, or vertical, or swinging the club too much around you, or laid off and too flat in the backswing. Many golf instructors focus on being what they call "on plane" during your swing. This basically means that the club will swing along the same line that it is in at the set up position. Then at impact when the club is on plane it will look just like the way it was at address. Basically in order to swing the club correctly on plane, certain things in your swing need to happen. Many golf pros will focus on segments of the golf swing instead of looking at it as one whole unit. It is helpful to think of the swing as a fluid whole unit instead of piecing it apart and making it more confusing than is necessary. I have found some helpful drills over the years that will help anyone easily learn to swing the golf club on the correct plane line. You will now be able to set yourself up for more success in your golf swing and hit better, more solid and consistent golf shots.

Before I give a couple of helpful drills for swinging on plane, I need to emphasize again that having a good setup with correct posture is critical for being able to swing on plane and minimize having to make compensations in your golf swing. So make sure you

are setting up to the golf ball correctly with good angles and correct alignment.

Begin your swing by taking a slow backswing and stop at the point where the golf club is parallel to the ground. If you were to look in a mirror, the club head will cover up your hands if it is on plane. If the club head is too far behind your hands, it is moving too much inside. And if the club is in front of your hands, it is outside the correct plane line. Also, at this point in the swing your club should also be pointing straight and parallel with your target line.

### *The Left Elbow Drill*

For this drill, you will get set up to the golf ball just as if you were really going to try and hit it. Then simply make a half backswing and stop. Just swing until the club is halfway up, sort of a mini half practice swing.



Now at this halfway point, if you are on plane your left elbow should point directly at the golf ball. The picture above illustrates this concept. If you extended a line from your elbow straight down to the ball it will point right at the golf ball if your swing is on plane correctly. If your swing is too upright, your elbow will point too far in front of the ball more towards the ground by your feet. If your swing is too flat or laid off in the backswing, your elbow will point out in front of the ball. You can make these half practice swings to see if you are on plane until it becomes automatic for you.

### *Drop the Club Over Your Shoulder at the Top of the Swing*

Another swing plane drill you can do is to make a practice swing but stop at the top of your swing. Then simply loosen your grip and allow the club to gently fall on you. If your backswing is on plane, the club will fall right on the tip of your right shoulder. If your backswing is too vertical, the club will fall too much towards your neck. And if your swing is too flat or laid off, the club would fall behind your shoulder and come down on your arm. So you can practice this drill to help check and see if your swing is correctly on plane. Soon it will start to become automatic and you'll be swinging the club on the right plane naturally.



The key to this drill is to have you swinging right over the tip of your right shoulder in your backswing. Swinging over your right shoulder will put your golf swing correctly on plane at the top of your backswing.

Another key at the top of backswing, is you want your club to be pointing parallel to your target line. Crossing the line or getting laid off with the club at the top are two opposite errors that can happen at the top of the swing. These errors generally result from lifting the club too much, or getting disconnected or out of sync with the arms and the body. Keeping things working together will naturally get your club on the right track.

### *The Swing Path and Swing Arc*

Now, the golf swing path includes the golf swing plane which was just discussed. There are a couple of other points related to the swing path which will help you make a powerful and consistent golf swing. Your golf swing arc is important. You want to have the width of your swing as wide as possible just as long as you maintain your body positions and are staying balanced.

In the takeaway, it's helpful to have the feeling of dragging the club back low to the ground especially with the longer clubs where you want to generate an even wider golf swing arc. Then through impact and just after impact, the club should stay lower to the ground as well so that you maximize the chances of hitting the ball solidly on the club face. If the club comes up too quickly after impact, it will be harder to time impact when you hit the ball. It's ideal to get your club head moving through impact so it has the longest possible time to connect with the golf ball.

You always want to create good width in your swing or have a wide golf swing arc. The key to having a good swing arc is to have good extension with your arms at the takeaway, through impact, and after impact. Halfway back in your backswing, it's helpful

to feel like your hands are far away from your chest. This keeps your swing arc wide during the backswing. At the top of the swing, your hands should be high and far away from your body but still in a comfortable position. Collapsing the arms will cause you to lose your swing arc and width. The arms should be high at the top of the backswing but only so much so that your club is swung over your right shoulder and the club points parallel with your target line at the top. If the club gets to 90 degrees at the top of the backswing, it should point parallel with your target line. If you don't get all the way back to 90 degrees and have a short backswing, that is fine and obviously the club would be pointing up slightly and not going completely parallel with the target line.

The follow through is simply a mirror of the backswing in a lot of ways and you want your hands to be in line with the middle of your chest halfway through your follow through. You also want to have good extension and continue your wide golf swing arc just after impact and into the follow through. By focusing on swinging your club over your left shoulder to complete your follow through, the club will tend to automatically stay on a better swing path without having to think about it too much.

It's important to create extension and width in your golf swing but make sure you keep your body angles and body position the same and balanced. If your body moves too far right on the backswing where your weight is rolling outside your right foot, you are probably swaying or moving too far laterally. Maintaining your spine angle is necessary to hit good golf shots consistently, so don't let your upper body move out of position as it will be harder to have to compensate and adjust for the extra movement. It's amazing how far you can really hit the golf ball by staying more controlled with your swing. Extra movement does not equal extra power and if anything, it becomes a lot harder to control the golf ball and hit solid, straight golf shots. Remember the backswing is a swing, a turn, and a shift. This is a general view but it's helpful to know your checkpoints and how the body and arms work in the swing to produce the best results.

## **Chapter 6: Keys for Perfect Impact**

Getting everything to come together at impact properly is a big key to hitting great golf shots. Getting the club and your body coming together properly at impact is one of the main things I teach golfers who are mostly at the beginner or intermediate level, but the advanced player can still benefit from this concept. Golfers of all levels can benefit from this concept if they have been struggling with their sequence in their golf swing. Once you are making a good backswing and a good downswing with a proper weight shift along with swinging the club on plane, you need to get your timing on track and blend all this together. Try to focus on getting the club and your body back to the impact position to the similar position you were in at address.

When you set up to the ball, you should have some angles from bending your knees and bending from the hips. So you want to come through the golf ball at impact in a position that maintains those same angles. Your lower body will start to open up a little bit, but at impact you should make sure your head stays down and your shoulders stay square to the target line of your shot. Your hips will actually open before the shoulders do if you are in the proper impact position and swing sequence. In the correct impact position, your hands will lead the club head slightly allowing for a more solid hit of the golf ball. Having the hands leading the club head will allow for more consistency in your golf shots. So remember to try and get your club head, upper body, lower body, arms, shoulders, head, and hands all coming through the golf ball at impact together at the same time for maximum results.



Looking at the picture above you can see how this pro's swing is very compact. Everything came through impact together (arms, body, clubface, etc.). Because of this the golfer was able to compress the ball with the clubface. Also, at impact the hands should lead slightly. This means they should be ahead of the golf ball and this is especially important with your iron shots. The upper body should be in line with the golf ball at impact and the shoulders should be square or parallel with the target line. Most golfers who slice will have their shoulders open at impact. The hips will be slightly open in a good impact position but this is generally not something that you need to consciously think about. The hip rotation will happen automatically if everything is working together and you are moving forward through impact and shifting your weight to your front foot.

When the shoulders stay square at impact, the club can swing down the line towards your target and then you can turn and follow the club as you complete your follow through. Maintaining your body angles from the setup position is another important key at impact. Standing up with the legs or coming out of your shot will cause problems. Staying in your shot longer just means keeping or maintaining your angles

from the setup including your spine angle, hip bend, along with a slight knee bend.

One more key point at impact is you want your hands to lead slightly so they are ahead of the golf ball at the point of contact. This is especially true with your irons shots because you are hitting down slightly on the golf ball and allowing the loft of the club to make the ball go up in the air. You're able to compress the golf ball better by leading with the hands. With the driver or fairway woods swing, it's a little more of a sweeping motion so this isn't as important. However, you never want to have your club head coming up to the golf ball before your hands as this would be caused from an early release or too much hand and wrist activity in the downswing or near the impact zone.

### ***The Myth of Trying to Keep Your Head Down***

Here is a common myth or common error that comes up when people try to teach the golf swing. One of the most, if not the most common cliché golf swing tips is to "keep your head down". This is generally related to impact when the golfer is trying to hit the ball. They tend to come out of their posture or come out of the shot. Trying to force your head to stay down will do nothing but create tension and cut off any smoothness or good tempo which is necessary to hit the ball well. Instead of trying to keep their head down, the golfer should focus on staying in their angles through impact, and particular keeping their knees slightly bent. The head comes up because the knees and legs have straightened.

### ***Common Faults at Impact Include:***

#### **\* Standing Up Or Coming Out Of Your Shot.**

So many times I see golfers stand up through impact and come out of their shots. Their body is already done with the golf shot but their arms have lagged way behind. This is a very common error that many amateur golfers make. I believe this goes back to realizing that the hips only turn 45 degrees in the backswing but the shoulders turn 90

degrees. When you get to the top of your swing and begin to start your downswing, you need to coordinate the turning elements correctly. What I mean by this is that your lower body needs to stay stable and not move much at all during the beginning of the downswing. You need to be able to swing the club down with your arms before you open up your lower body. Once you have initiated a correct downswing, everything will be able to turn together through the golf ball properly at impact. If you are in proper position your head will stay down while your club head is coming through the ball. You'll be in similar angles to the ones you were in at the setup position. The impact and the setup position will mirror each other. The only difference is your hips may be slightly more open at impact. And the hands will be slightly in front of the golf ball at impact. But your head should be in the same place along with the club head. You do NOT want the club head coming up to the golf ball before your hands. If this is happening, you are releasing the golf club too early in your swing and are probably not hitting consistent golf shots. In order to release the club better, you need to hinge your wrists in the backswing. This creates leverage and you will then be able to come into the ball with your hands ahead at impact. If you aren't hinging the club it will be much more difficult to release the club with correct timing at impact.

## **Chapter 7: Just Swing at the Ball - Working on Feeling a Good Swing As Opposed to Getting Too Technical**

I was a student of the some very highly ranked Golf Academies for several years when I was younger. I loved these systems when I started learning and using them but I found that these approaches could only take me so far if I wanted to reach my full potential as a golfer. Their approaches were very technically oriented. They would put you on video and draw all kinds of lines on the computer screen, creating angles in your setup and your swing, basically breaking down and separating every part of your golf swing into what seemed like a million different pieces. They broke your swing down into so many different parts and I felt like I had to practice almost all the time to be able to maintain any type of consistency in my golf swing. I became a mechanical machine.

Beating balls on the range for hours a day was the only way I could still play golf respectably while using this system of instruction. So eventually I became frustrated and started looking for another way to break through to the next level. I began to lose distance with my swing, I was basically trying to steer the golf ball more and more. I believe this happened because of focusing too much on the technicalities of my golf swing and my swing became less fluid, natural, and athletic. While I became more frustrated with this overly technical approach, I went to seek out some other highly ranked teaching pros to try and see if they could help me with another approach.

I did find a couple of golf instructors who taught the golf swing more related to feel and were less technically oriented. Getting these fresh perspectives on the golf swing helped me learn to “swing the club” more and eliminate common faults such as trying to steer the golf swing. An overly technical approach to teaching the golf swing can keep you from making a smooth and fluid swing. It was helpful to learn golf from a technical background but also be exposed to feel oriented swing methods. Blending these two approaches really helped me learn how to help other golfers with their swings

and get better at a much faster rate than they would otherwise.

One key concept I learned and I teach is on your downswing especially, it is very important to “swing” the club more. Swinging the club better in the downswing allows your arms to catch up with your body so that everything comes through together at impact. A common swing fault for many golfers occurs when the body outraces the arms in the downswing. This means the arms are stuck behind the body, and it’s very difficult from this position to hit the golf ball well consistently. When you swing correctly and have your arms and body synced up at impact, you’re much more likely to hit solid golf shots.

This next swing thought is to help you keep the club on plane naturally with less analytical thought. Once you have the correct setup fundamentals and are hinging your wrists correctly, you now want to be able to swing freely the rest of the backswing and through the downswing. Once my student gets the first part of the swing down, the next step is just to feel like they swing over their right shoulder in the backswing. And then everything comes down and through at impact and the club continues to swing over the left shoulder on the follow through. This is a way to get you swinging your golf club more on the correct plane. It works well for golfers of all ability levels. The idea is to get you thinking less about the mechanical pieces of your swing and just get you swinging the club better. This drill or mindset will help eliminate many unnecessary problems in your swing. For more success on the practice range try thinking about swinging over your right shoulder in your backswing and then back over your left shoulder in the follow through and you should see some good results.

One last thought on the follow through: Make sure to face the target on your follow through. This will help you hit the ball straighter because the golf ball will tend to go the direction your body is facing. If you fall back on your shots, you will notice that your body faces towards the right after you’ve hit your shot. If you overturn on the downswing, and turn too much you’ll be facing too much to the left. Good balance is a

big key. You should never feel like you are off balance or falling over in any part of your golf swing. Maintain a stable base to swing and turn around and stay in control. The parts of the golf swing are simple and the more effortless your swing feels, the better you should be hitting your shots.

It's important to work on technique to a certain degree. You definitely don't want to neglect your setup fundamentals or key checkpoints related to the swing plane or swing sequence. However, if you are spending hours thinking or worrying about what your left wrist is doing in a certain part of your swing you are getting too technical.

Here is one more point related to the concept of "swinging the club". It's important to make sure you are swinging the club as opposed to trying to lift, steer, or guide the club too much. These problems can come from too much tension or grip pressure, or getting out of sequence with the arms and the body. Trying to generate the "swinging" feeling will help your club automatically tend to stay on a good swing path and swing plane so this is a helpful concept to work on.

### **Let The Club Do The Work**

This concept applies more to the irons because of the loft of the club. Many times I see amateur golfers trying to help the ball up in the air. They may try and scoop the ball or have too much wrist action. When you are making a good swing with an iron or a wedge, *simply focus on hitting down on the ball and allow the loft of the club to make the ball go up in the air.* The irons are designed to dig into the ground with a downward swing. So just focus on hitting down on your shots and allow the loft of the club head to make the ball go up in the air. Remember no scooping or chili dipping allowed.

## Chapter 8: Understanding That Golf is a Balance

To play golf well and keep your swing in gear, it's helpful to understand the balance necessary for swinging the club well on a consistent basis. I find what happens to many golfers who take lessons is they work on a particular area or swing fault they are having. Let's say for example, a golfer's swing plane is too steep or too vertical. Any certified teaching pro could probably spot this and the majority of instructors would give the player suggestions for how to get their swing plane flatter. To do this, it is helpful to think about swinging the golf club more around the body on the backswing like a baseball swing. This would get the club swinging more around your body.

Here is the issue that will come up very often in a case like this: The golfer will do what the instructor says and very diligently work on what needs to get better. They keep trying to get their swing plane flatter by doing the drills and using the suggestions the instructor gave them. Well after a few days, a couple weeks, or however long it takes, the golfer will overdo the correction they were working on so now they are actually too flat or laid off with their swing plane. Their pro/instructor told them to swing the club around their body and try and feel this. They continually try and do this with no way to know when they should stop. The opposite swing fault or problem will likely end up developing. So the swing that was too steep to begin with is now too flat and the golfer is not aware of how to maintain a nice balance for a correct swing plane. The lesson here is: **You must have checkpoints in your golf swing.** You don't have to have too many but there must be several important key points of the swing that you know exactly where you are supposed to be with your club. If you deviate from the checkpoint in one direction or another, you want to be able to know what the issue is and how to get things back in balance.

If a golfer comes to me with a similar situation as in the case of the steep or vertical swing plane; I show them what the problem is, what the solution will be for

them, and most importantly how to maintain a nice balance with the swing component or issue we are working on. In the above swing plane example, I would take the golfer whose swing is too steep and show them drills or ways they could get their swing plane flatter. Then I would explain the proper position of the swing plane at the top of the swing. If the club is on plane, it should be right over your right shoulder. I like to get golfer's swing over the tip of the shoulder because this is a checkpoint for a good position at the top.

**The best way to make sure your swing is in balance is to understand the key checkpoints in the golf swing.** Swing faults and errant shot patterns tend to go in opposite directions. If you are hitting the ball to the right and you work on fixing this, eventually you may end up hitting the ball too far left. Obviously, trading one error for the opposite error or problem simply doesn't do much good. Getting things working in balance is a huge key to playing great golf and being consistent. You must be able to understand your swing so you can be in control of it. It's not that hard, and once you get the hang of it you should feel more confident about your golf game.

Here is another example of overdoing a swing problem in the other direction which could occur from a variety of issues. Let's say a golfer has an issue where they don't shift their weight much at all on their backswing. This causes problems because you can get jammed up at impact and won't be able to generate much power through the ball. Trying to get you to shift your weight would be helpful but if you work on shifting your weight long enough, you can overdo this and be shifting too much. The checkpoint or key to a proper weight shift is on your backswing to get your weight shifted to the inside part of your back or right foot. Keeping your right knee flexed at the top of the backswing will help you keep your weight correctly on the inside part of your right or back foot. Moving the body outside the right foot means you have shifted too much and there may be some incorrect lateral motion going on there. Not shifting the weight enough is a problem. Shifting it too much is also a problem. Here is a good

example of finding a nice balance to improve your swing and hit better golf shots.

Eventually, any golfer will overdo a swing correction if they continuously try and work on it if they do not know where the balance is. With the proper checkpoint or balance, the golfer can then move to another swing thought or take their focus off their previous swing issue so it can work itself in more naturally and effortlessly in the swing. This is how you get things accomplished, build a golf swing that works, and achieve real results.

## **Chapter 9: Checkpoints for a Great Golf Swing**

This chapter is a review of some of the most important keys in the golf swing I teach. The golf swing can seem complicated if you are learning it in a complicated way. My teaching method gets as straight to the point as possible. Knowing a handful of keys on what you need to be doing with your golf swing to produce good shots consistently is your key to success. Then, it's simple a matter of applying the principles and monitoring your keys from time to time.

Obviously, the grip and setup are very important because they promote swinging the club on the correct swing path. Once the setup is correct, you then want to have your club on a good swing plane on the backswing and on the downswing. Also, shifting your weight correctly and coordinately the turning elements will produce good sequence and straighter, longer golf shots.

Impact is a big key. At impact, you want to make sure your upper body is in line with the golf ball, not ahead of it or behind it. This will help you hit the ball with solid contact. You want everything coming through impact together and when your upper body or torso is in line with the golf ball, you'll tend to be more connected and transfer more power through the golf ball. Also, the shoulders need to be square to your target line at impact. Having the upper body or shoulders open at impact is a weak position and it is very difficult to hit the ball well like this. After impact, we want the club to lead as it starts to swing towards your target and then your body can turn and follow the club as you complete your follow through which is another reason it is helpful to have the shoulders square at impact.

Staying level in the golf swing is another important concept I teach my students. This comes from maintaining your good angles from the setup position as you swing and turn. Your spine angle, hip bend, and right knee bend should all stay the same at the top of your backswing. Through impact, you are also the same height as you were in the

setup position and at the top of the swing. There is no dipping down or standing up going on as this is an error that makes it harder to hit solid golf shots. At impact, the hips will be slightly open but the shoulders should be square. This usually happens naturally if you are swinging the club correctly. Trying to worry about your hip turn can turn into too much of a technical thought and make it harder to get the whole swing working together as a complete motion. Impact is a mirror of the setup in a lot of ways because you should be the same height and have your shoulders square with your upper body facing the golf ball.

Checkpoints related to the swing plane are helpful for hitting straighter golf shots and you'll also tend to gain more distance by being on plane correctly. I like to focus on two main checkpoints in the swing plane. The first one is at the point where the club has just gotten to the parallel point with the ground just past the takeaway. The club should be pointing towards your target and the club head should be right in line with your hands. If the club is pointing right or left of your target at this point, you're either too inside or too outside with your takeaway and off the correct swing plane.

At the top of the backswing, the key is to swing the club up over your right shoulder. If your club is over your arm or too steep over your head or neck, you're off plane as well. Getting your swing right over your right shoulder keeps you in the slot where you'll be able to hit solid golf shots again and again.

Monitoring your golf swing tempo is another important key to solid golf. Good tempo is critical for making good golf swings. When a golfer swings the club with good tempo, the club will automatically tend to stay on a proper or correct swing path. Poor tempo can cause unrhythmic, jerky movements, which will lead to inconsistency and struggling with your golf swing. Many amateur golfers will rush their backswings or their downswings. The backswing can get too fast which makes things get out of sync right from the get go. The transition at the top of the swing is another area where golfers tend to rush things. Keep your transition smooth at the top and make sure you

are finishing your backswing before you start your downswing. The best way to gain a feel for good tempo is to think smooth on the backswing and smooth on the through swing. The club should be accelerating or speeding up at the point just after impact. This will naturally happen if your tempo is correct without you having to make an extra effort. The laws of gravity work for you to generate power in the downswing and coming through impact. Golfers who rush their backswings can have a tendency to slow down coming through impact because the momentum or force simply cannot keep up. The speed in the golf swing has to naturally build so if you are smooth all the way around, your club head speed will increase and you'll be hitting better golf shots.

These were some general checkpoints that are very helpful to focus on from time to time to make sure your swing is on the right track. If you are having problems with your golf swing, reviewing these key checkpoints will oftentimes be able to get you right back on track.

## **Chapter 10: Common Errors and How to Fix Them**

It is important to understand that any golf shot problem you are experiencing is coming from a specific or specific faults in the setup or swing. The best and quickest way to improve is to understand what is causing what with your swing and your shot patterns. It's amazing that golfers can hit the same bad shot multiple times in a row. This clearly illustrates a golfer who does not understanding what their swing faults are or how to improve them. I'm going to cover some of the basic problems golfers experiencing and the causes and effects associated with them.

### ***Hitting Fat or Thin Golf Shots***

Hitting the ball fat or thin is no fun. If you aren't hitting the ball solidly, it's really hard to control your distance. In extreme cases, fat shots will lose a lot of distance and extreme thin shots could even consist of topping the golf ball. Hitting fat or thin shots can come from raising up or dipping down in your golf swing. If you focus on staying level in your swing, the club will have a much better change of connecting with the golf ball at the bottom of the swing arc where it should. A big key at impact is to get your upper body or torso right in line with the golf ball. Getting ahead of the ball at impact will tend to cause thin golf shots. Hanging behind the ball and not transferring your weight forward will tend to cause fat shots. Releasing the club early by having too much hand and wrist action in the downswing will oftentimes cause fat or thin golf shots as well. Always try to lead with the club handle at impact as this will allow you to make more solid contact with the ball. With your irons, it's important to hit down slightly on the golf ball at impact. If you take a divot, it should be after the golf ball. You hit the ball and then the ground as you swing through impact. Don't worry too much about taking divots. It'll happen naturally if you are doing the right things with your swing and generating enough club head speed. Some golfers do fine without taking divots or just slightly clipping the grass after contact with the ball. The important thing is to get your

fundamentals and checkpoints right and you'll be hitting better golf shots.

## **Slicing**

Slicing is probably the most common complaint I hear from golfers. That dreaded left to right ball flight pattern that cuts distance off your shots and can make you want to give up golf altogether. It's a weak shot pattern and makes the holes play a lot longer and more difficult. Some golfers actually play for their slice. They aim so far left so that the ball will end up in the fairway. The problem with this is that you are losing tons of distance and if you are always consistent with it, you can wind up double crossing yourself and pull the ball way left.

Slicing can be fixed by getting your swing path more inside to square to inside. A slice swing path will generally come from the outside or "over the top" from the start of the downswing. This happens because the upper body or shoulders move or turn open too early from the top of the swing. A helpful drill for slicers is to feel like they keep their back facing the target for a split second or so longer from the start of their downswing. This allows the arms to drop down more in the slot where the club can then approach impact from a more inside path. After impact it can be helpful for a slicer to feel like they swing their club out to the right towards right field. This will help reverse or correct the swing path error of out to in which happens with a slice. Ideally, once you've gotten control of your slice, after impact your checkpoint will be to swing the club towards your target and then finish swinging the club over your left shoulder as you complete your follow through.

## **Hooking**

Hooking is the opposite problem of slicing where your ball travels from right to left. Usually, this problem will come from an "in to out swing path" through the impact zone. The club is traveling underneath the swing plane line as it approaches impact. At impact, a right to left side spin is put on the golf ball so it travels from right to left after it is hit. As with slicing or any other errant shot pattern, there is a matter of degree of

severity of the problem. Obviously, a big hook (which can even be called a duck hook) will have a more severe in to out swing path. After impact, the club travels too far “out” towards right field when we want it to ideally swing towards the target and then up over the golfer’s left shoulder.

If the hands get too active in the downswing, they can cause a hook by turning the club face over in almost a violent or forceful attempt to hit the ball in the impact zone. The club face shuts down and extreme hooking can result.

### ***Picking the Club Up/Lifting the Club***

This is a swing path problem where the golfer can lose their arc right from the start of their golf swing. It can continue in the backswing as a lift instead of a swing. We want the arms and body to work together and this happens if you allow the club to “swing” instead of lifting it up or steering it. Picking the club up in the backswing can make it difficult to hit the ball or can also cause thin golf shots. To counter this problem, feel like you drag the club back from the start of the backswing. This will keep everything more connected and working together. You’ll create a good swing arc and width and will make a better golf swing the rest of the way.

### ***Swaying***

Swaying or moving laterally in the swing makes it difficult to catch the ball solidly at impact. Golfers can have a tendency to hit behind the golf ball or hit fat golf shots because the club can bottom out behind the ball. If a golfer sways in the backswing, they are moving too much laterally and not enough rotationally. You want your body (shoulders and hips) to turn in the backswing and wind up to create power. You can’t generate much power from moving sideways to the right in the golf swing and then you’ll have to compensate or move the exact same distance back the other way in the downswing to offset the sway. Just work on turning better into your right side and you’ll pretty easily be able to eliminate this problem.

## ***Not Shifting Your Weight Correctly in the Swing***

A proper weight shift in your swing consists of you shifting your weight on the backswing to the inside part of your back foot, your right foot for the right handed golfer. Then, everything shifts back to the middle where impact with the golf ball occurs. Your shifting continues after impact and you then follow through onto your front or left foot. At the end of your swing, if you have shifted your weight correctly, your weight will be on your left side and you will be facing your target. Another common problem is a golfer might start to shift their weight too much where it becomes a sway. So the way to avoid this on your backswing is to feel that you turn and the weight primarily sits on the inside of your right foot. If your weight is coming outside your right foot, then you have turned too much and probably have a little sway in your backswing. If you get your weight too far back in the backswing it will be much more difficult to get back to the ball correctly and you won't be hitting the golf ball consistently.

## ***Standing Up or Dipping Down in the Swing***

This issue is common for a lot of golfers when they are trying to get extra power. They rise up in their backswings and often will lift the club up incorrectly as opposed to swinging it. Then coming down to hit the ball at impact, they may dip down and lose their body angles. Also, golfers often will actually stand up in the impact zone and lose their angles this way as well. The cure for this problem is to simply maintain your angles and stay the same height throughout your golf swing. You'll hit the ball way more consistently and have much better contact on the center of the clubface.

## ***Too much Tension***

Tension is a huge killer for amateur golfers and even good players can struggle with this issue from time to time. You want to make sure you are starting out in your setup with the correct amount of tension. Monitor your grip pressure so that your hands are on securely but your grip is not so tight that it is a death grip. At the setup,

your arms should be fully extended but not locked. Locking the elbows is a big problem, so don't do this and you'll be way better off.

Too much tension in your arms can also restrict your backswing. If you don't complete your backswing all the way, your upper body will tend to open early in the downswing and at impact. It has nowhere to go but open up so make sure you are completing your backswing so everything can get in sync. Just try to relax. Trying too hard can cause extra tension. You don't want to overdo it and be so relaxed that you won't control the golf club as well. It's really a matter of finding the happy medium where you are in between being too tense and too relaxed. This is the middle way and the way to success. Trying to get the right amount of tension will help your golf swing.

## **Chapter 11: Mental Keys for Improving More Easily**

### ***Develop Your Plan (Goals, Strategy, Mindset)***

In order for you to consistently become a successful golfer, you must have some clear goals, a good strategy, and the proper mindset. Setting realistic goals is the key to pushing yourself and keeping your motivation up to get better. After you have a good swing that you can bring out on the course consistently, the next step to learn to play smart golf. Good decision making on the golf course is so helpful. Learn your yardages, how far you hit all your clubs. Pay attention when you are playing to different hole layouts. Always try to be below the hole on the putting greens to leave yourself an uphill putt.

Strategy on the golf course will consist of a couple things. First of all, you need to know some things about the course you are playing. It's really important to build a strategy that fits the golf course setup well. For example, on a shorter golf course, you may not need to hit your driver as often as you would on a longer course. Many short golf courses reward accuracy so keeping the driver in the bag on some short holes can really help you out. On your tee shots, you want to try and position yourself on the side of the fairway that will give you the best approach to the green. Hitting more greens in regulation will help you lower your scores quite a bit, given you are a decent putter. (Hopefully you have read my putting Ebook. 😊 If not, make sure to check out [www.golfputtinggenius.com/ebook.html](http://www.golfputtinggenius.com/ebook.html)). And hitting more greens starts with setting up good approach shots to the green. If you are hitting out of the rough or from the trees it will be much more difficult to make pars and birdies which you need to get your scores lower. On holes with water, bunkers, or out of bounds areas, make sure to take extra caution and consideration on where you want to hit your shots. Just remember good course strategy will improve your golf score even more once you have a great golf swing.

## *Trust Yourself and Your Golf Swing*

*It's Okay to work on technique on the range, but on the course, you need to learn to play by feel if you want to get the most out of your game.*

Over the years, I have personally learned how to become my own teacher and I have learned how to teach others how to develop a great golf swing in a relatively short amount of time. I believe that golfers should work with what they have regarding their athletic ability and their swing. Everyone has some natural ability and trying to give everyone the same golf swing can be a big mistake. Many golf instructors make their students feel that they are just not very good when in fact the golf instructor probably is the one who is not very good at teaching. Sometimes it can be discouraging watching some other golf professionals try to teach their students. I've worked for some who have a really big clientele but they do not consistently get their students playing better golf. Sure, they may be able to get the students hitting the ball well on the driving range (hopefully), but on the golf course they fall apart. The reason for this is you cannot think about swing mechanics and still play your best golf. On the course, you need to be able to rely on feel and focus on "swinging" the golf club.

Teaching and learning things like the basic fundamentals, proper tempo, and some course management are three of the main things I like to work on and teach my own students. Because of my solid fundamentals that I learned from several highly ranked Golf Academies, I am able to use the techniques from that background and combine them with my new techniques related to "feel" and "swinging the golf club". I've found a nice balance that seems to work well, and no longer do I need to practice all day long on the driving range in order to play well. Plus I have success with every student I give a lesson to using this method. It's great to watch my students play better golf on the course besides just hit the ball better on the driving range.

I like to see the golf swing as one whole complete unit instead of separating it into different parts and pieces. This makes it much simpler and easy to understand. Sometimes it is helpful or necessary to work on one specific part of your swing that may be causing you a problem, but just as long as you can blend it all together and are still swinging the golf club. That is really the key I believe to great golf.

## Conclusion

Thank you for taking some time to read and go through this Ebook. Hopefully you've understood and been able to learn some key concepts that will change your swing for the better. I know you'll now be on your way to having more enjoyment and success on the golf course. A final note I would like to add is you are smart. You have found this book and I believe it will really add to your success. But most importantly, you need to be able to become your own teacher. It is really common for people to search for the latest hot advice or equipment and then feel that they need to keep searching or relying on other people's opinions or advice. You know yourself better than anyone else does and I want you to trust yourself more both on and off the golf course. If you think you've found some good advice then use it. Try to make the material your own and apply the concepts and techniques the way you see best fit to continue to improve your golf game. This system really works and if you use it, I know you will be seeing much improvement along with lower golf scores. Great luck with your game!

## Disclaimer/ Terms Of Use

By using the information in this book (product) you accept to the Terms Of Use without limitation or qualification. The material contained in this book is our opinion and in no way guarantees success or any specific improvements in your golf swing or golf game. Any injury that may result from misuse of the information contained in the book is your own fault. The author of this book is in no way responsible or liable to any persons or party for any incident, accident, special consequence or circumstance that may result from use of the information contained in the book. This product may not be reprinted, resold, or copied in any way, shape, or form without the expressed written consent of the author. The information in this Ebook is copyrighted and protected by law.