

GOLF SWING SECRETS

Creating A Perfect Golf Swing



Bspoke eBooks

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Introduction

The facts and fundamentals of any field do not change. This also remains true in the world of golf. Nevertheless, continued research and study have allowed new concepts to be cultivated and it is these concepts that have produced some rather precise conclusions which will be presented in the following pages.

It is quite regrettable that the thrills of this great game and even the recreational and health benefits which can be afforded by participation in this game are out of the reach of so many players simply because the game is so frequently misunderstood. For, while the game may be frequently misplayed, this is not due to any inabilities on the part of the player, but simply due to a lack of proper understanding of the game.

In reality, there is actually very little one needs to learn or know in order to play an excellent game of golf. Unfortunately, the lack of understanding regarding some key elements prevents many from enjoying the game.

Through a correct understanding of the facts of golf, the game can truly be enjoyable and can even be easy. To gain an understanding in how to improve your game, the following facts must first be established.

A golf club can and will only do what the player makes it do. The golf club on its own contains no special powers or abilities.

Each club is designed for a specific purpose. When and only when the club is applied to the ball in its natural state will the club produce the effect for which it was originally designed.

In this eBook, you will learn the many different ways you can begin to improve your golf game and achieve success with it. By establishing a plan, you will then be able to act aggressively and positively toward correcting errant tendencies while recognising your errors. Through recognising these errors you will be able to avoid them and then literally teach yourself how to play good golf, resulting in a natural sense of confidence.





Chapter 1

Keys to Good Golf

Far too frequently many golfers become so caught up in the essence of making the perfect shot that they fail to consider the basic keys to making a good shot. There are three essentials to any good golf game. Without mastering each of these three key elements it is impossible to achieve any level of success with your game.

Unfortunately, many players labor under the assumption that once they have mastered the ability to swing the club correctly the game should just naturally fall into place for them. This is highly incorrect. It must be stressed that each of the three key elements must be mastered in order for swings to be produced accurately and successfully.

The basic ability to swing the club correctly is certainly important. No successful game of golf can exist without it. That said; however, the only true correct way to swing the club is with a sense of body control. The ability to swing the club with body control is impossible; however unless a player also has the proper footwork to go along with it. If a player has not obtained a proper sense of balance so that he or she has full, unrestricted use of his body it will be impossible to obtain a correct swing. It is from the body that the power which generates the swing flows. Therefore, much of the success of the golf shot and the distance you can achieve, depends on how you use your body.

Second, players must be able to keep their club in the correct position so that it will produce the effect for which the club was designed. If this is accomplished, it will allow the ball to fly straight toward the goal without deviating. If you have noticed that your balls are not flying straight and true straight down the middle; if they are deviating left or right or anywhere other than the goal, the problem is most likely due to an inability to maintain the club in the correct position. This is where the importance of the grip comes in.

Finally, there is the matter of footwork. A player may be able to master his grip and a sense of body control; however, a lack of footwork can also spell disaster for any golf game.

Golf Secrets To Creating A Perfect Golf Swing

When analysing your golf game to determine where there is room for improvement, it is important to consider the following factors:

How well do you handle your weight? What is your sense of balance? Do you know how to work your feet and legs in order to set up the proper sense of balance so that your body can then be established as the motivating reason in swinging the club?

How well do you use your body? Can you feel there is a double-handed, ambidextrous motion in a golf swing in which an upswing as well as a downswing exists? Are you using your body in a way so that the upswing is made with the right side of the body while the downswing and follow through is established with the left side of the body?

Are you able to use your hands in order to exert the positioning control necessary over the club so that you can make the ball do precisely what you want it to do?

Individually, each of these aspects is certainly important and necessary. Beyond that; however, there is also a certain order of importance in order to establish a performance that will prevail in creating the ideal result for your game. For example, even if a golfer is using his body correctly in swinging the club, he must be able to know how to handle his body weight and only when he has established a working relationship between his body and his weight will he be able to properly use his hands.

While this may sound somewhat complex, it can be explained simply. It is all a matter of timing.

First, one must learn to handle his or her weight. Simply shifting the weight from one foot to the other; however, will accomplish nothing on its own. This only places you in a position to where you can then utilise your body correctly.

Only when you have the basic footwork so that you are in a position in order to use your body to swing the club are your hands then free to exert the proper sense of control and position over the club. Quite simply, the shot will only fly as the club makes it fly and the flight of that ball is a direct result of the position of the club. The position of the club is directly linked to what your hands are doing and what your hands are doing is the factor that will determine the ultimate efficiency of your swing.

