

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Controlled Body Movement The Key Essential For Your Golf Game

By Glen Osborne

Controlled Body Movement The Key Essential For Your Golf Game

by: **Glen Osborne**

Basic body movement is essential in any sport. Of course it is also essential for any type of physical activity we do.

As parents, we teach little children how to do the simplest of things. This includes how to move and how to control movements for precision and safety.

Basic body movement also means limiting movement to the essential movement for what you want to do. We control the desired movement. And, we prevent unwanted movement. We learn to keep our movements just firm enough to be coordinated. We also learn to allow just enough relaxation so the movements can flow through their proper range with the most comfort.

For many golfers, if you think about your hands doing something or even have much of your focus on your hands then, usually, you will do something incorrect with your hands.

Basic body movement, under control, is to be your main focus. When you become good at this part of your golf swing then can you try advanced hand movements. But, any of these hand movements should only be done in harmony with the dominant body and upper arm movements.

Even your arm movements need more focus in the early learning stages than any perceived hand movements. And, these arm movements should focus on movements generated in the upper arms which are as close to your body as possible.

A Special Lesson With A Good Golfer

A few years ago I did 2 golf lessons with a man who stood a little over 6 feet tall. He was having trouble spraying his hits with his mid-irons to his woods. I asked him to hit a ball with a wedge. He chose his 64 degree lob wedge and promptly hit a high, 95 yard hit.

Controlled Body Movement The Key Essential For Your Golf Game

What was he doing wanting a lesson from anyone? Answer: He had one wrong move that he wasn't aware he was doing.

I used my interpretation of Fred Couples' looping swing to guide him to the correct arm movement. When he tried my idea of Fred's swing Andy hit the ball higher and 15 yards farther.

He did not want to develop that move but he understood how to correct his error with the proper movement. He hit a lot of good golf balls afterwards and knew why he did so.

Andy's other problem involved chipping. He had a good hand movement in his chipping effort. He had no idea how to use that good movement with the movements of his body. As well, he had no idea of the importance of his body activity during his chipping.

A few minutes into the 2nd lesson he had learned how to time his hand movements with his body movements. He also learned where his hands should be in relation to his spine as he did the hand movements that he wanted.

His chipping improved dramatically within the lesson. His confidence was as high as possible that he could land a golf ball where he wanted. And, all it took was understanding how his arms and hands were to move in harmony with his body and also in relationship to his body position.

How I Developed My Understanding Of Basic Body Movement

I taught physical education from Grades 1 to 9. In one short span of time I could see the development of movement in all stages of growth. I could also see the physical and mental effort carried out by these children as they learned the skills and the games which I taught.

I used to teach the various Grades a level of a game which they could handle. I taught positional play in slow motion and then introduced body movements which enabled the students to move fluently up and down the playing surface. They quickly learned this and asked for more. That is when I taught the various skills. The game was taught first; and then came the skills.

In golf, there are a number of games played during a round. We try to get a better score than someone else. We try to get a personal best score during a round. We try to play against the golf course to get a par round or better. We try to get a better score than par on each hole.

BUT, usually forgotten is the game of playing each golf shot as good as we possibly can. It is this last "game" which I teach in my golf lessons.

The free articles combined with the instruction modules will teach you how to win "the game" of playing each hit during your round of golf.

Relating this to teaching golf swing skills I emphasize basic posture, alignment, control, and body movement. Arm and hand activity do not get taught until my students learn basic movements. Because of this, beginners and students who had never hit the ball in the air soon hit draws with even their short

irons when they hit the ball over a fence.

You, The Ground, And The Golf Ball

We stand on the ground. The golf ball rests on the ground (er, usually). Before we try to dislodge that golf ball from its place on the ground we should learn a good method of relating what we do from our "perch" on the ground.

Between our connection to the ground and the ball's position on the ground we have a lot of body mass and joints along with that "stick" thing. We need movement to make the golf ball move. Therefore, we swing back and forth to make the golf club move the ball. But, those joints want to do all sorts of contortions during our golf swing efforts.

We need to develop an understanding of how to move at the fewest possible joints and how to control or prevent movements of the rest of our joints. This is basic to anything we do. It is very important to this "confusing" skill called the golf swing.

Glen teaches his golf program for Ladysmith, BC Parks & Rec.

Golf Swing Mechanics Can Be Improved Very Quickly

By Mike Pedersen

If you're like most golfers, you're always trying to duplicate that "perfect" golf swing. I know I am. Doesn't it feel great to hit that effortless shot? Don't you wish you could do it every time? That would be a similar feeling of what the pro's have most of the time. It would be such a high!

So what's keeping you from this goal? Do you think you just need to hit more balls? Or, are you already hitting hundreds every week? If that's not working, do you need more golf lessons? Or, have you taken lessons but not seen improvement?

If it's none of the above, then what?

I can tell you almost 100% for sure...it's your BODY!

Your body dictates your golf swing. How many times have you felt like you can't make a FULL turn or backswing? Do you think the solution is hitting more balls or taking more golf lessons?

It's not! It's improving your golf-specific flexibility and even strength.

Once you address and improve your physical limitations, your golf swing mechanics fall into place, with very little effort. Unless you don't have a concept of what needs to be done to complete a proper golf swing, in which taking a golf lesson to understand it would be first priority.

Controlled Body Movement The Key Essential For Your Golf Game

The majority of amateur golfers have some kind of physical limitation that keeping them from a great game of golf. It could be flexibility, or it could be strength.

Combining the two is your most effective approach.

Getting a golf-specific evaluation by a golf fitness professional is your first step. Then, you can set up a game plan on what you need to work on and how to do it.

You'd be amazed at how quickly you can improve your golf swing and game with this approach. Don't keep looking for the silver bullet. The answer is in the mirror. Now do something about it!

Mike Pedersen is a respected golf fitness expert, and the author of the Ultimate Golf Fitness Guide, numerous golf fitness tips and founder of several online golf fitness sites. For more information on his new, cutting-edge golf fitness e-book, go to

.

Related Content:

Golf Swing Mechanics Can Be Improved Very Quickly
Some Tips To Improve Your Golf Swing
Exercise Your Swing By A Ping Golf Club
Lower Your Golf Score – Simplify Your Putting
Being The Best Golf Player You Can Be

Read more Content at

Related Products:

Tetris Game
Battle At Sea
Monsters From Hell – Game
How to Use Your Mind for Study
Build Your Own Mail Order Empire

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!