

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!

Easy Distance Off The Tee

By Jack Moorehouse

How can I generate more distance off the tee? Recreational players, it seems, are always looking

for golf tips on how to generate more distance off the tee. While proper technique is the true secret to generating distance off the tee, other isolated factors also affect distance. Taking advantage of these factors, as I urge players who take my golf lessons, is an easy way to get more distance without swinging harder or faster.

Loft is one of those isolated factors. Unfortunately, some players who take my golf lessons or read my golf tips don't truly understand the significance of loft. Some players also have a psychological barrier against loft, which is natural given what happens on the course when you hit a tee shot.

Conventional Wisdom versus Reality

Reality in golf is always what it seems. Conventional wisdom suggests that higher-lofted drivers produce shots that fly high and stop dead when they land. Lower-lofted drivers produce shots that fly low but run more when they land, generating more distance off the tee. That theory makes sense, or so it would seem.

The key to maximizing power at any swing speed, however, is launching the ball on the proper trajectory with the right amount of spin to take advantage of the golf ball's aerodynamic properties. That launch angle is generally 10 to 15 degrees of loft (slower swingers can get more distance with a higher loft angle). Ideal spin varies, but it's about 2000 to 3000 revolutions per minute, again a little higher with slower swing speeds.

Loft, it would seem, is a key factor when hitting a driver. In fact, adding loft is the single most important thing I've found in my years of providing golf instruction that helps people hit their drivers better. For some golfers adding loft to their drivers—without making any other adjustments—generates an average of at least 10 yards to their drives. For others, it generates even more.

Determining the Right Loft

Easy Distance Off The Tee

So how do you determine what loft is right for you? Pick a driver that gives you as high a trajectory as you can get without sacrificing accuracy. When you feel you're uncomfortably high, take the loft one step down to see if you still are consistently long most of the time. When in doubt, take more loft rather than less.

Once you've determined the right loft, try the following tips for generating more distance of the tee. They'll help you hit the ball farther without changing your swing speed or adding more muscle power.

1. Widen stance at address for greater stability
2. Shift more weight on right side (for a right-hander)
3. Turn out your left foot slightly
4. Take a full 90-degree turn.
5. Hover club head above ground
6. Hit hard with right hand through impact
7. Sense right forearm crossing over left
8. Finish high with your swing

Some of these tips focus on changes in your address position. Hovering the club head above the

ground is a technique both Greg Norman and Jack Nicklaus use. It takes a little practice to learn how to do it, but it produces dividends when executed correctly. And finishing correctly is a must on every swing. When combined with the right loft, these tips will add more distance to your drives.

Two Drills for Generating More Distance

Two proven drills for increasing driving distance are the lead hand drill and the weighted-club drill. I often suggest them to players who take my golf lessons or in written golf tips in my newsletter.

1. The lead hand drill strengthens the "pulling" muscles of your left arm. (Right fore- arm for left-handers.) With this drill, practice hitting a golf ball with just your left hand. Start with a pitching wedge. Try it without a ball first. Swing easily. When you're ready, tee the ball up and swing away. Take about 25 swings. When you can hit the ball off the tee consistently, drop down to an 8 iron. Repeat the process.

2. The weighted-club drill stretches the back muscles, leading to a fuller turn. Use a heavyweight practice club, a practice "donut," or a weighted cover for your club. Take about 50 practice swings a day. Swing easily and smoothly. After a month or two, you will find the arc of your swing is larger than before, without losing control of the swing.

Adding more loft to your driver won't make you a Jack Nicklaus or Greg Norman over night; but it will improve your game without involving hours and hours of practice. More importantly, adding loft will help you hit the kinds of drives that can help lower your golf handicap.

Jack Moorehouse is the author of the best-selling book "

<http://www.howtobreak80.com>

." He is NOT a

golf pro, rather a working man that has helped thousands of golfers from all seven continents lower their handicap immediately.

Is Your Golf Driver A Little Dusty?

By George Gabriel

Playing good golf requires the knowledge and use of every golf club in the bag. I don't know how many times I've seen a golfer leaving their driver in the bag when teeing it up on the tee box. I always ask the same question over and over again, and get the same answer. "Why do you leave the driver in the bag on long golf holes?" "I cannot hit my driver off of the tee box." Has always been the same response. Typically they duff any other club they choose, but blame it on a bad swing. A bad golf shot with a driver has always been because of the golf club, never the golf swing. Why is that?

It is a matter of confidence. Hitting the driver off the tee box, is no different than hitting any other wood or iron off the tee box. As a matter of fact, the club head is bigger and should be a lot easier to make contact with the golf ball. Golfers, who do not hit their driver off of the tee box, simply have convinced themselves it is too hard to do. They have convinced themselves to a point that any other club selection is the right choice, therefore when a player hits a couple good shots off the tee box with their 3 wood or 2 iron, it justifies leaving the driver in the bag. There will be golf holes with tight fairways, and you will consider anything but a driver off the tee box that is easier to control, but to give up on any one golf club, should never be an option.

Do not give up on the driver. It is not as hard to hit as you think. Take the same golf swing as any other golf club you would choose. Accuracy will come with every other attempt. The only difference with the driver and any other golf club is the set up position in relation to your distance from the ball, because of the length of the golf club. Stand a little further back and take the same golf swing as you would with any other golf club. Practice with different golf ball positions and keep your confidence level high.

For greater confidence, practice hitting the driver off of the fairway without a tee. It will help you reach those long par fives. Practice with the ball positioned in the middle of your stance, and you will soon be lifting them off the fairway. Keep your golf swing as normal as possible. Do not try to scoop the ball off of the fairway. With proper ball positioning in your stance and a good straight arm on the way back and through, the driver clubface will lift it off the fairway as if you had it teed up. Lifting the ball off of the fairway with a driver only requires a good lie and a confident golf swing. It will rise off the fairway like any other fairway wood, but you will get more distance.

Take a little more confidence in your golf swing to the tee box, and it will not matter what golf club you select. Each golf club is as easy as the other. You just need a little more faith in your golf swing.

Learned to play golf as a caddie in the mid sixties and continue to enjoy the game today. Now running a discount tee time site at

<http://www.golfanchor.net>

and a sister site at

<http://www.golfanchor.com>



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!**