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Getting Started With Golf Training

By Michele Oberton

If you are interested in golf training, there are a variety of teaching options to get you started. From the internet to the video store and even the classroom, there is no shortage on available lessons. Depending on the type of golf training that you ultimately select, prices can be quite affordable. Professional golf training, however, will be more costly.

If you would like to hire an instructor to help you learn to play golf, consider a professional instructor or someone who has a lot of past experience in golf training. The first thing that you will learn is the difference between clubs and the names of each. At first, golf training may seem intimidating because there are so many clubs and they are each used for a different situation. But, after a few golf training lessons, you will be able to recognize the clubs and their intended use in a snap.

It may be a good idea to learn to play golf on a beginner level before hiring an instructor. Become familiar with the clubs by purchasing an instruction book or video. These type of manuals offer an introduction to the different clubs, how to grip them properly and even the proper way to swing. By reading closely, or watching an instructional video, you will enter into golf training with more confidence. Rather than starting from scratch, your instructor will notice that you will likely learn to play golf a lot faster than absolute beginner students.

If you aren't comfortable starting on your own, there is nothing wrong with entering golf training as a beginner. After all, that's what the training is for. For practice purposes, it is a good idea to have access to a full set of golf clubs during the times that golf training isn't being given and you would still like to practice. Your instructor may or may not ask that you practice but, if they do, it will help you to be better prepared for future golf training lessons.

When selecting a golf training instructor, you may even have the option to learning to play at a golf course. Many golf training instructors work one-on-one with students while others offer instruction to a group of students, which is similar to any other type of class. Online instruction is for anyone who doesn't want to leave home or doesn't have the time to attend regular classes, but this type of golf training does not provide an actual hands-on teaching technique.

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For more information about golf training, click the link to visit our website at

<http://www.golftrainingguide.info>

. We have some great free articles and resources about golf training.

Improve Your Golf Swing By Improving Your Tempo

By Sean Cochran

We have all heard the word tempo in relation to the golf swing. Announcers on television speak of the "great" tempo Ernie Els has in his golf swing. What does tempo mean to the amateur and their golf swing?

Tempo in the Golf Swing

Tempo in the golf swing is a combination of many parts. Tempo is part timing in all aspects of the golf swing. It is part sequencing of each position within the golf swing, and it is part "feel". Putting all these golf swing parts together creates tempo in your own golf swing.

Interconnecting each phase of the golf swing; address, take-away, backswing, transition, downswing, impact, and follow through is one part of tempo, Performing each of these phases with the correct timing is also tempo. And finally "feel" for the clubhead is part of tempo.

We can probably say tempo is the end goal of all our practice and time spent on our golf swing. Once we have developed tempo in the golf swing, there is definitely a level of mastery within it.

How Do We Develop Tempo in the Golf Swing?

A great question that does not have a simple answer: Developing tempo in the golf swing is a task that requires patience, practice, and time. There really are no short cuts to developing it within your golf swing. One practice session at the driving range will not do it. The use of a single training aide will not get you there. The implementation of a golf fitness program will not achieve this task on its own.

I say this because developing a PGA Tour type golf swing requires a "basket of tools" in your arsenal. Developing tempo and a silky smooth golf swing requires you to:

- § Receive proper instruction on the fundamentals of the golf swing
- § Maintain a consistent practice schedule with your golf swing
- § Use swing drills to develop every as of your golf swing
- § The possible implementation of training aides into your practice sessions

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§ Implementing of golf fitness program to develop your body around the golf swing.

The "basket of tools" listed above put together can lead you to developing great tempo in your golf swing. It requires a comprehensive approach in which no short cuts can be made. Let's take a look at the bullet points above to get a better understanding of how to go about this process.

Proper Instruction in the Mechanics of the Golf Swing

Learning the fundamentals of the golf swing is key to developing tempo. This can be achieved through quality instruction. This will allow your body to learn the nuances of the swing. This is the first step in developing tempo.

Consistent Practice of the Golf Swing

As they say practice makes perfect. In order for your body to learn and be able to repeat to proper mechanics of the golf swing, you must practice on a consistent basis. The body learns biomechanical movements through repetition. The golf swing is no different. Repetition through proper practice session is the second key to developing tempo.

Swing Drills to Develop the Golf Swing

The golf swing as a whole is one of the most intricate athletic movements to perform. In its entirety, it is a very difficult movement to perform and master. It is best when learning the golf swing to break it down into parts. Breaking the golf swing down into segments allows you more easily to master each phase of the swing. This is accomplished through the implementation of golf swing drills. Swing drills break the swing down into manageable parts.

Training Aides in Association with Your Golf Swing Drills

Training aides assist the body in developing the golf swing. Think of training aides as "training wheels" on a bicycle. They simply help your body learn certain movements and positions associated with the golf swing.

Implementing a Golf Fitness Program

Your body swings the golf club and performs the biomechanics of the golf swing. In order to perform the biomechanics of the golf swing correctly. It is necessary for your body to have certain levels of flexibility, balance, endurance, strength, and power. If your body is lacking any of this aforementioned list learning the biomechanics of the golf swing correctly will be very difficult. A golf fitness program is the final key to developing tempo in your golf swing.

Summary

To summarize the development of tempo in your golf swing requires a "basket of tools". Tempo

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requires; proper instruction on the golf swing, consistent practice of your golf swing mechanics, the utilization of swing drills, training aides, and a golf fitness program. Put all of these aspects together and a golf swing with tempo will be yours.

Sean

Sean Cochran is one of the most recognized golf fitness instructors in the world today. He travels the PGA Tour regularly with 2005 PGA & 2004 Masters Champion Phil Mickelson. He has made many of his golf tips, golf instruction and golf swing improvement techniques available to amateur golfers on the website

<http://www.bioforcegolf.com>

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