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Golf swing tips to cure your slice

By Joe Chung

You don't have hours every day to perfect your golf swing on the range. Are there any golf swing tips that you can practice at home that will simplify your swing and help your score? You bet there are!

Summary

- posture is key!
- feel the turn
- hands lead at impact

The one thing I have had the most trouble with in my golf career is knowing if my set up is correct. I'm not alone. From what I've seen on the golf course, most amateurs have no chance of hitting the ball well because their set up is so poor.

The problem is this: what feels "good" is almost never "right". You may feel o.k., but you are really bending your knees too much, or not enough. Maybe you aren't straightening your left arm, or you hunch your shoulders unconsciously.

I won't go into all the details of the correct set up here. Instead, I'll give you one golf swing tip that will help you no matter what your set up flaws may be. Simply do this...

Practice setting up to the ball. When you are ready to swing, check these three things: 1. Your left arm (for RH golfers) is fully but comfortably extended. 2. The club is barely touching the ground behind the ball. 3. The club is lying flat (i.e. the toe or heel is not off the ground).

If anything is off, change something in your posture to "fit" the club to the ground behind the ball. Once you get all three aspects correct, try to memorize that feel and go on to the next drill.

The only way to get a powerful, inside to out golf swing is to turn the shoulders. This drill helps you feel the correct sensation.

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After setting up in drill one, take the club back slowly. I won't go into the correct takeaway here. The point is to have the correct position at the top that will set you up for a powerful inside to out downswing.

As you get to the top of your swing, the only thing you should focus on is feeling your left shoulder tucked under your chin. The seam of your shirt on top of your shoulder should be completely under your chin.

Getting used to this feeling at the top of your backswing is the number one cure for a slice and gives you the best chance for an inside to out downswing. This golf swing tip helped me get rid of my slice forever. It will work for you too!

Hands Before Club Head

Now you are ready for the last drill. From the top of your backswing, slowly begin your downswing. Focus on dropping your arms and coming at the ball from the inside.

Stop just as you are about to hit the ball (or where the ball would be if you are practicing without a ball).

Look at your hands. Are they ahead of the club head? They should be.

To hit the ball consistently and powerfully, your hands must be ahead of your hands when you strike the ball. If they are not, go back to the end of drill two and do it again.

The purpose of these golf swing tips is to teach you the correct feel at three critical points in your golf swing: setup, the top of the backswing, and impact. Practice these drills every day slowly.

The goal is for your body to recognize and repeat the same feelings that go along with the correct positions. Soon your body will instinctively go to these positions because you've repeatedly ingrained the right feel.

I recommend using a mid-iron for these drills, but any club will work. Once you get it down with one club, see how using a different club affects your feel at each of the three positions.

Of course, the golf swing tips in this article are just the tip of the iceberg. You can copy many things from pros as well. The Tiger Woods golf swing or the Ben Hogan golf swing might be a good fit for you. However, these three golf swing tips will help any golfer no matter what your body size or skill level.

Practice these drills to get the right feeling without hitting balls. Once the feel becomes instinct, you'll see an incredible improvement to your ball flight and your scores! Combine these drills with other drills to improve your golf game and you'll be a happy golfer! Remember to have fun out there!

Joe Chung has been teaching and playing golf for over 15 years and believes that most golfers can benefit from learning feel rather than positions.

He is originally from Chicago but now lives in Houston and enjoys the ability to play year-round. He works with recreational golfers who do not have much time to practice, but would like to improve their game so they can enjoy their infrequent golf rounds. Joe is living proof that anyone can break 80, even if they are able to play only a few times a month.

Joe created his web site to share his love of the game with others and help beginners and hackers quickly break past scoring barriers. You can see more articles like this one and contact him at:

<http://www.golf-instruction-for-men.com>

How To Cure Your Slice By Developing A Better Golf Swing

By Sean Cochran

The slice is probably one of the most common swing flaws for amateurs. It is an outside-to-inside swing path that creates side spin on the golf ball.

The side spin causes the ball to cut hard to the side, making it a very frustrating day on the course. It also seems to be one of the most difficult swing flaws to fix.

There have been hundreds of so-called golf training aids that guarantee to cure your slice. And I am sure we have all bought or thought about buying one of these gadgets after a frustrating day on the course.

Some of these golf-training aids do help you to cure your slice; others do not.

In addition to golf training aids, there have been countless articles written about the golf slice.

These articles discuss the slice in-depth and oftentimes provide "fixes" for the golf slice.

If you've been a golfer for any amount of time, I am sure you've come across at least one or two of these articles. Maybe you have even tried to implement some of the suggested fixes into your golf swing. Some of these golf swing fixes may have helped, others maybe not.

At BioForce Golf we are committed to improving your golf game. And we believe it is fundamentally a process of improving both the body and swing.

As a result, we are committed to providing you cutting-edge, researched, and PGA-Tour-proven information in the areas of golf instruction, golf fitness, and golf swing improvement.

Providing information on curing swing flaws like the slice is no different. Recently, some research from the University of North Carolina provided some interesting information on curing the slice.

A Professor from UNC and the head teaching pro from Pinehurst (venue of the 2005 US Open) performed a series of research studies on the golf swing slice.

These researchers took a group of golfers prone to slicing the golf ball through a battery of tests. These tests were to determine the best swing drills to cure the dreaded slice.

Golf swing tips to cure your slice

Golf swing drills, in general, break down the golf swing into manageable parts to allow an individual to work on a specific part of the swing.

It is very difficult, as we all know, to work on "fixing" your swing when performing a full swing. It becomes too much for the brain and body to process.

It is usually best to break down the swing into parts and implement drills that work on specific parts of the swing. This allows you to simplify the process, fix the area of the swing that needs work, and eventually bring it back into the full golf swing.

Back to the research project on the slice and the swing drills. After the process of taking these amateur golfers through this battery of swing drills, the researchers found that two swing drills were of the greatest benefit.

These two drills apparently showed the greatest effect on assisting the amateur golfer prone to slicing to fix such a problem.

The first drill that showed benefit was the "toe-in drill." This drill apparently placed the golfer in the correct positions during the swing to assist in curing the slice.

The second drill was the "split hand." This drill helped the amateur "feel" the correct release of the club and the swing path of the club.

Again, both of these drills during this research project indicated the greatest amount of help to the amateur in the attempt to cure the slice.

What points of validity can we draw from this research project? Obviously, the "split hand" and "toe-in drill" are beneficial in assisting an amateur golfer with the slice.

Secondly, it probably indicated that there are many swing drills and possibly training aides that are not beneficial to amateur golfer.

This points to the idea that the amateur golfer must understand the swing in order to decipher what are the best drills for their swing.

Finally, it indicates that proper swing mechanics are necessary for fundamental success on the golf course.

Obviously, a poor golf swing will result in poor play on the golf course.

Implement this and other information provided by BioForce Golf to help you develop a better golf swing.

Sean

Golf swing tips to cure your slice

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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