

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!

Golfers– Crush Your Drives...And Keep It In Play!

By Jack Moorehouse

So you want to drive like Tiger and putt like Ben Crenshaw, huh? Don't we all.

Long drives and accuracy are a bit like oil and water in terms of a combination but they don't have to be. Just imagine if you could hit your drives consistently in the fairway 250 yards + nearly every time...wouldn't that make the game a lot easier...and fun?

Having a good tee ball is critical to your confidence and placing the ball where you can score. We all can get easily frustrated when things go sideways with the driver so I'm going to share you with you some secrets on how to get the most distance from your tee ball while keeping it accurate.

There are basically three elements to being able to get the distance and accuracy you desire with the driver.

1. You must have a good handle on the clubhead and have complete control of it. There are two things to check when dealing with club face control. First, you need to check your grip. Second, you need to see if you have the ability to hit a ball to the left and to the right. If you can do both of those, you should be able to split the difference and hit the ball straight. Now, I'm not talking about being able to work the ball like a trick shot artist...just know how to bend it a little right or left when needed. (Hint: Open the clubface to hit a fade, close it slightly for a draw)
2. Make sure you have good rotation in the shoulders and hips. Power is created from "coiling" or turning away from and then back through the ball. If you don't "coil" or turn properly, you will never realize maximum distance. Pretend you are trying to turn your belt buckle as far away from the target while turning during your backswing. Also, make sure that when you come through the ball at impact, you are completing your turn to a nice high and solid finish.
3. You will need really good rhythm in order to achieve your best distance and accuracy. Don't be tempted to make a quick move from the top of your swing, which can ruin your entire tempo and sequence of events. (Most high handicappers make this mistake). You can counteract this movement by developing internal counting during your swing. Counting "one one thousand" on your backswing and "two one thousand" on the downswing will help to create a smooth rhythm.

Golfers– Crush Your Drives...And Keep It In Play!

Now, most people will have trouble with these elements with the driver because it is the longest and most difficult club to hit. It will be easier with the shorter clubs because there is less of a premium on distance and more on accuracy.

One drill I have seen work wonders is to try and alternate hitting your driver and 9 iron when practicing. Start with the 9 iron and make a few good swings using the 3 elements above. Don't overswing, just make nice easy swings. Then, pick up the driver and create the same motion and tempo. Don't swing any harder, just focus on the elements. If you can't hit the driver with the same results as your 9 iron, go back to the 9 iron and see the difference. Keep alternating 9 iron and driver until you get a consistent rhythm and tempo. A great case in point is to watch PGA pro Kenny Perry. He hits the ball a long way with a very compact and easy swing. Why? Because he has great control over his clubhead, makes a wonderful turn away from and through the ball and lastly, has exceptional rhythm.

So, pay attention to these 3 elements and don't be surprised if you starting hitting them long...AND straight.

Jack Moorehouse is the author of the best-selling book "How To Break 80...And Shoot Like The Pros!"

<http://www.howtobreak80.com>

. He is NOT a golf pro, rather a working man that helped thousands of golfers lower their handicaps without quitting their day jobs.

The Perfect Golfing Day Out

By Ken Snowie

What would be your perfect golf outing? It's likely not the same for anyone, with different ideas in mind.

A lot of golfers consider the ideal trip to be going to a nationally renowned golf course and playing on it, knowing that famous golfers had played there. Many avid golfers would give anything for that chance. These are the courses where the legends have played and won major tournaments – players like Arnold Palmer and Tiger Woods.

For some golfers, though, the perfect golf outing has more to do with ideal weather than with location. Some golfers would rather play on a day with cool temperatures and a gentle breeze, while others prefer to play in more tropical conditions or even freezing weather. Some golfers will actually try to play when the temperature are very high, or very low, just to see how well the extreme conditions affect their game.

There are even golfers who are willing and eager to play in the snow and at night. There are specially designed golf balls for these purposes. The night players can easily see their golf balls all over the

Golfers– Crush Your Drives...And Keep It In Play!

course, because they glow in the dark. Snowbound golfers have the ability to use fluorescent golf balls. These brightly colored balls are easier to see against the white snow on the golf course.

No matter how you like it, golfing in extreme conditions is challenging, and not for every golfer. For golfers who are willing to play in hot temperatures, they have to remember to stay hydrated with a lot of water, and avoid alcohol. For golfers who like to play in the frigid temperatures, they should bring a warm drink in a thermos to help keep their body temperature steady, even if walking the course. It is not unusual for these golfers to consider these conditions to be perfect golf outings.

For most golfers, the perfect day of golf is hitting their favorite course with some good friends and hit golf balls, enjoying themselves and not taking it too seriously. This type of golfer is the majority, and these players are usually found playing in couples and foursomes. They will tease each other about bad shots, and compliment each other on good shots. The final score usually doesn't matter (unless they are serious about golfing), because they are hitting for fun and stress relief.

There are even golfers who favor playing by themselves. The solo golfer usually walks the course, learning the feel of every tee box, fairway and green on his or her own feet.

Whether you're looking to travel to new courses around the world, to take on extreme golfing challenges, playing to improve your golf game, or just enjoy the satisfaction of a day of golf with friends, it's up to you to decide what your perfect golf outing is. All you need to do after that is to go out and play golf!

If you would like more golf tips visit

<http://www.discovergolftips.info>

Golfers– Crush Your Drives...And Keep It In Play!



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!