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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.

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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 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.

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

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

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Improve Your Golf Swing With Keeping Your Golf Club On The Correct Swing Plane

By Sean Cochran

We as golfers have heard the term swing plane many times during our golfing careers. But do we really know the definition of it and the bearing upon our golf swing?

Recently, I had a conversation with Dean Reinmuth (top 30 teaching pro ranked by Golf Digest) and I think he described swing plane the best. Dean suggests to think of the swing plane as an imaginary circle. The imaginary circle that represents the swing plane is set at an angle. It is the path on which it is necessary for the club to travel in order to execute the swing correctly.

Beginning at address, the clubhead and shaft should be positioned at the "bottom" of the swing plane. During takeaway into the backswing and at the transition point of the swing, the clubhead and shaft are to remain on the swing plane. These three phases of the swing represent the club traveling "up" the swing plane to "top" of it. Keep in mind the visual of the circle and the shaft of the club dissecting the shoulder during these phases of the swing.

Once the transition is complete, the downswing begins and the clubhead is moving down the swing plane. The path on which the club is traveling down should be the same as on the backswing.

Continuing on with the swing plane, the club is to travel to again the "bottom" of the swing plane for impact with the golf ball. Once impact has occurred with the golf ball the follow-through of the swing occurs, and it is still necessary for the club to travel upon the correct swing plane. This assures that you are releasing the golf club correctly.

The swing plane on the follow through is essentially a "mirror image" of it on the backswing. The golf

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club, again, must travel up an imaginary circle that dissects your front shoulder up into the finish position.

What does the swing plane represent?

The swing plane represents the path on which your golf club should travel upon during the swing.

Why is it so important for the golf club to travel upon the swing plane?

The golf club must travel upon the correct swing path in order to impact the golf ball correctly. Impacting the golf ball correctly provides the greatest possibility of delivering powerful, accurate, and consistent shots on the course of play.

Oftentimes the golf club does not travel upon the correct swing plane. What happens in such instances?

The path of the club becomes an "outside to in" move resulting in a slice, or an "inside to out" swing plane resulting in a hook. Overall, the club's not traveling on the correct swing plane results in poor shots.

Now that we know what a proper swing plane is within the golf swing and we can visually create a

picture of it, how do we develop the proper swing plane?

This is the hard part, and there are no secrets about it. Referring back to my conversation with Dean Reinmuth, he suggests that it is a process of creating "feel" for the proper swing plane. Creating "feel" is a process of knowing where the clubhead is on the swing plane. This allows you to know where your golf club is in regards to the proper swing plane required of the golf swing.

How do you go about creating "feel" within your golf swing?

It is a process of understanding the mechanics of swing and developing the proper swing mechanics within your golf swing.

This allows you to know what the golf club should be doing, where it should be during each phase of the swing, and when it is not where it should be when you are swinging the golf club.

Overall, it becomes a process of recognition. Recognition of what is the right and the wrong movements/positions within the golf swing. Once "feel" is developed within your swing, I would definitely say you are close to mastering the golf swing.

This does require time and effort on your part. But if you are willing to put in the time and effort, rewards on the course will be well documented.

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