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How To Practice Golf Properly

By Jack Moorehouse

Practicing your golf game properly is vital to improving. Knowing how to practice increases self-confidence, reduces scores, and lowers golf handicaps. It also increases the fun of playing as you see your scores drop on each round. I consider it so important that I discuss how to practice with all my students during golf lessons.

Unfortunately, some students don't always follow my advice. They either focus on the wrong things during practice or they practice without purpose. Some students do both, preferring instead to flail away with the driver on a driving range time and time again. When their scores don't drop as quickly as they'd like, they stop practicing, forfeiting any chance of improving.

You have only so much time to practice, so you must make the most of it. To optimize practice time, try organizing your sessions into a structured program with specific goals clearly in mind. The program needs to focus on fundamentals and address your weaknesses. Developing an organized program speeds learning, maintains focus, and cuts strokes from you golf handicap.

Here's one organized practice program I suggest in my golf lessons:

Adopt a set of exercises and drills to practice at home. They should concentrate on grooving your fundamentals, like your takeaway or your backswing. My golf tips highlight drills and exercises that fit nicely into a program. The phone book drill, for example, improves your putting stroke:

- Drop two phone books on the floor. Position them far enough apart so your putterhead just squeezes through them. Place a ball between the books, assume your putting posture, and make your stroke. Use the books as a visual guide to match the lengths of your back stroke and forward stroke. This approach ensures a smooth stroke with perfect tempo. You'll find it difficult to guide your putter between the books unless your stroke follows the intended line. If you strike the side of either phone book, your stroke strayed off-line.

Go to a practice range as often as you can. Split your time between your short game and your long game. If you can't work on both in one session, try working on the short game in one session and the

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long game in the next. Your goal might be to perfect your pitching in the first session and to master long distance driving in the next. Also, organize your time within each session. An organized session could look like the following:

- Hit some warm-up shots for five minutes to loosen up your muscles. Start with a short iron, then move to a mid-iron. In my golf lessons I suggest starting with a pitching wedge, then dropping down to a 7-iron, but you can use other clubs as well. Hit several shots with each until you feel comfortable swinging the club.
- Next, spend about 15 minutes or so working on areas of your short game needing improvement, like chipping. Try dividing the time into four 15 minute mini-sessions, with each mini-session devoted to one phase of your short game— pitching, putting, chipping, or bunker play.

Use drills during the 15 minutes that focus on improving weaknesses within that phase of the game.

For example, use this drill to practice chipping from the rough shot:

- Place a ball just outside the first cut of rough on the green's fringe. Make sure the grass is about one to one and one-half inches in length. Instead of hitting the ball, practice just sweeping the tips of the grass. Use a low sweeping motion employing just your arms and shoulders. After ten sweeps, move immediately to the ball and chip it using the same motion. Then move the ball back to higher grass and repeat the sequence.

In the next hourly session try focus on your long game. You can work on hitting your woods and long irons during this session. Spending 5–10 minutes on warm up shots, then 10–15 minutes each on your woods and long irons. Once again, use drills should be designed to improve a specific problem.

Work in some realistic game situations in your practice sessions. For example, try chipping over a wading pool in your backyard to practice hitting over an obstacle on the course. Another good technique is to actually play holes on the driving range. So, let's say the first hole you're going to play on Saturday is a 440 yard par four. When practicing during the week or prior to the round, you would actually "play the hole" but starting by hitting your driver, then maybe a 6 or 7 iron for your approach shot and then maybe a small chip in case you missed the green. The more of these you can program into you session, the more you'll prepare yourself for hitting a shot under the pressure of actual game situation.

This program is just an example of how you can structure your practice. It might not be appropriate for every golfer, but I think you get the idea of how to organize a session or session. Developing an organized program—and following it closely —produces results. The more you work on it, the more you'll build self-confidence, reduce scores, and slash your golf handicap.

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

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." He is NOT a golf pro, rather a working man that has helped thousands of golfers from all seven continents lower their handicap immediately.

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.

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.



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