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Improve Your Golf Swing By Focusing On Your Finish Position

By Sean Cochran

Watch the pros on Tour and notice how in-control they look at the finish position of the their golf swing. Why? Because they are!

They are in perfect balance. Even the pro who might look a little "crooked" at the end of the swing has a balanced swing. Vijay, who is slightly bent to the side at the finish position of his driver, is still in perfect balance.

How often do you think an amateur practices or even thinks about his or her finish position? Probably never. I would surmise that once contact has been made with the golf ball, most amateurs' thoughts shift to the ball flight rather than where our body is finishing the swing.

Why is the finish position so important to a successful golf swing? And beyond that being in a balanced finishing position?

The finish position is directly related to two very important concepts involved in the golf swing. Number one is swing plane and clubhead is number two.

The swing plane is defined as the path on which the golf club should travel upon during the swing.

A quick review of the swing plane tells us that beginning with the address position, into the backswing, onto to the downswing, into impact, to follow through, and completing with the finish position, the golf club is intended to travel on a specific arch. This arch is a result of the biomechanics of the golf swing sequencing properly. In other words, everything working with the correct timing.

Think of the club traveling in a circle during the swing.

This imaginary circle is your swing plane and it dissects your back shoulder on the backswing and transition phases of the swing.

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Returns to the same position as you started at impact with the ball, and dissects your front shoulder during the follow through into the finish position.

If the golfer maintains the clubhead on this path during the swing this is an indication that the mechanics of the swing are being performed properly.

What does a balanced finishing position have to do with the swing plane?

A balanced finishing position is yet another indicator that, number one, the golf club is following the correct swing plane, and number two, the golfer is performing the mechanics of the swing in the correct sequencing with proper timing.

Secondly, the finish position is directly related to what is referred to as "feeling" the clubhead.

Ask any Tour player they will tell you that they can "feel" the clubhead at any moment during the swing.

Completing the swing in a balanced finish position requires you to be "tension" free and feeling the club head through the entire swing.

Now the bigger question is, how does the amateur golfer get to a balance finish position?

Easier said than done. To develop "feel" in the swing, maintain the proper swing path, and develop a balanced finish position requires mastering three principles.

Principle number one is proper swing mechanics. In order to develop "feel" and correct swing path requires the golfer to develop the correct mechanics of the swing.

Not only do you need to learn the different fundamentals of the swing, you need to train yourself to put these fundamental in proper sequence.

Principle number two is the body. The body swings the club. Your body must have the flexibility, balance capabilities, strength, endurance, and power to perform the mechanics of the swing.

If the body is unable to take the club on the proper swing plane because of a lack of flexibility or lacks the power to develop clubhead speed. The ability to maintain a proper swing path, and finish in a balanced position will be compromised.

Principle number three is practice. In order to develop the proper swing plane, create "feel" for the club, master the mechanics of the swing, and develop a body to support the swing, you must practice the swing and train the body. Over time this will result in the development of components of a proper golf swing.

The amateur will often leave out one of the three principles. If the golfer does not practice, train the body, or develop swing mechanics, it is unlikely you will keep the clubhead on the correct swing plane.

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Bottom line, a balanced finish position is a very good indicator that particular swing was efficient. It also should tell you that your body is flexible, strong, and powerful.

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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Exercise Your Swing By A Ping Golf Club

By George Andrew

Have you ever hit a good hit twenty yards threatening line? Did you had to endure heckling from playing partners who say, That's right where you planned.? Unfortunately, most golfers have to respond yes to both questions, because to get the ball to each time finish at the designed destination is more easy said than done. There is not less difficult way to Improve the quality of the shots you do than receiving a great new club as a PING golf club. The PING golf club is something that any golfer could mix to their arsenal & be grateful for when it is game time.

The golf scientists at Ping get finished to assist your swing—a Ping Golf Club. If you are going golfing by Ping Golf Equipment is like retrieving the perfect, brilliant—weight, swing—perfecting Ping Golf Irons from your sleek leather Ping Golf Bag—then golfing an afternoon far away. Enjoy simple lovely time by your new Ping Golf Irons and Ping Golf Bag. Its like to get a secret weapon. With a PING golf club you will get more quality ability over every & each swing & the quickness will be more greater with a PING golf club as well.

The PING golf club is a very well weighted & this will improve your golf game like you would never believe. Weight, worthwhile weight is essential to a nice golf swing and your game would never be anyway without a good swing. A PING golf club could pass along you this swing you want. & the looks of a PING golf club include beyond comparison on & away of the links. You will never be unsatisfied in how sensational you look on the course through your PING golf club. Ping Golf Club offers you Par Top quality!

I will recomend you that if you are starting in golf you ask for a coach at you favorite club. He can help you learn faster and make you an expert very quick. However this type of sport requires alot of practice to be able to master some of the techniques. Dont think that just with two sesions you will be an expert is not as easy as it seems, but its a beautiful sport and very rewarding.

If you want to find more information on best sports visit:

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