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Improving The Mental Picture Of Your Swing

By Jack Moorehouse

Visualization techniques help improve your game. All good players do it, whether consciously or unconsciously. PGA pros, for example, visualize every shot they take. It's the key to their success. I also encourage it in my individual golf instruction sessions. Below are a couple of visualization techniques that I've written about in my golf tips.

To improve your scores quickly, try developing a good mental picture of your swing. Too many recreational golfers have a poor mental picture of their swing. Hence, their swings look awkward and disjointed.

This awkward, disjointed swing isn't solely the player's fault. It's also the fault of the way we teach golf. When I give golf lessons, I often work on individual elements of the swing, breaking it down into discrete parts so we can focus on correcting it.

Recently, for example, I worked with a player on completing a full shoulder turn before initiating her downswing. We worked on it for a couple of sessions. You can bet she thought of her shoulder when she played her next round.

This approach, as golf instruction techniques go, works well. However, it encourages you to think of your swing piece-meal, instead of as one fluid motion. When we practice, we also encourage the piecemeal picture of our swing by focusing on correcting individual swing faults one at a time, instead of concentrating on rhythm and tempo.

There are two basic components to your swing: your trunk, supported by your legs and feet, and the unit of your hands, arms, and shoulders. Your trunk moves on a fairly horizontal plane. Your hands, arms, and shoulders, on the other hand, move on a relatively vertical plane. The trunk is the hub of your swing, around which the hands, arms, and shoulder component moves.

A good way to think of this arrangement is to imagine your trunk turning within the confines of a barrel, while the club moves up and down along the rim of the wheel. As your body rotates to the right (for right handers), the clubhead moves up along the rim of the wheel to the top of your backswing. As

Improving The Mental Picture Of Your Swing

your body rotates to the left, your club moves down the rim of the wheel and back up the other side as you complete your follow-through.

In reality, your swing is not a perfect circle, since the dynamics of motion require you to change planes. Nor does your trunk move in perfect rotation. You have to have a slight lateral motion to the left. But the barrel concept is a fairly good way of thinking about your swing as a whole. It encourages the major components to work together in harmony.

Another technique that can help your swing is visualizing the type of shot you want to hit. Establish a pre-flight target line in your mind before addressing the ball. Retain this image when hitting. Then, try copying it with your actual ball flight. This visualization technique forces you to think about the target line, not your mechanics.

However, if you have to think about something during your swing, try thinking about a phrase

promoting a smooth takeaway. Slow and easy or slow and smooth are good swing thoughts. Anything that produces a nice takeaway works well.

Why? Because the takeaway is the key to the overall shape and tempo of your swing. Tempo is the speed of your swing. Actually, the time it takes you to complete your swing, from beginning to end. We all have a natural tempo. Try maintaining it when hitting a club, whether you're hitting a driver or a sand wedge.

Individual golf lessons emphasize discrete parts of your swing. Visualization can overcome this. It focuses you on the harmony of your swing. In fact, you should get in the habit of thinking, "visualize to realize" on every shot. Golfers with single digit golf handicaps do.

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." He is NOT a golf pro, rather a working man that has helped thousands

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Why Does Tiger, Phil And Vijay Have Obscene Power?

By Sean Cochran

Who doesn't want to pound the golf ball 300-plus yards? We see PGA Tour players all the time ripping it down the middle of the fairway, and we would all love to do it too.

Take a look at the long drive champions pounding it well over 400 yards. Amazing if you ask me.

Improving The Mental Picture Of Your Swing

How do they do it? Everyone's got an opinion on that question, but lets take a look at one part of the equation. The shoulder turn is an integral part of what allows these guys to crank on their drivers.

Take a look at Tiger, Phil, or Vijay on tour. Watch what they do with their driver on the backswing.

All these guys take a monster of a shoulder turn, coiling their bodies, and just waiting to unload it on the downswing.

This allows them to flat out rip the golf ball off the tee!

So how can the amateur emulate such a swing, increasing the distance of their drives, and feeling pretty good about themselves and their game?

There are two concepts to focus on:

§ Increases in distance are related to increased Clubhead Speed.

§ Clubhead speed is contingent upon Developing more Power in Your Golf Swing.

Developing more power in your swing is directly related too:

1. Your Golf Swing Mechanics

2. Your Body

Efficient golf swing mechanics will allow for the greatest amount of power to be transferred to your clubhead.

The generation of this power lies within your body.

It is your body swinging the golf club, not the other way around. Your body develops the power that is transferred into clubhead speed during the swing.

In order to develop more power in your swing you must develop more;

§ Flexibility

§ Strength

§ Endurance

§ Power

Improving in all of these areas will translate it into a much more powerful and athletic golf swing (if they are efficient), and end up with more clubhead speed.

Improving The Mental Picture Of Your Swing

Like I said, a little more complex than first thought, but very doable.

Developing more power in your golf swing begins with your flexibility. Increasing your flexibility will improve your power.

This is where the idea of a larger shoulder turn comes into play. Increasing your flexibility allows you to take a larger shoulder turn.

A bigger shoulder turn (resulting from your improved flexibility) allows the body to coil more, store more energy, and translate it into clubhead speed.

Increasing your shoulder turn is a result of improving your flexibility. In the bigger picture flexibility adds to your entire swing.

In addition to an increased shoulder turn, improving your flexibility allows you to take the golf club through a larger range of motion.

Why is this relevant to more power in your golf swing?

It becomes a simple equation in physics.

If you are able to draw the club through a larger range of motion in an efficient manner, the ability to generate more power will be available.

Simple!

Next question; how do you develop more flexibility relative to your golf swing?

Golf Specific Flexibility Exercises are the Answer!

Golf specific flexibility exercises develop your flexibility around the golf swing.

This will enhance your ability of your body to take the golf club through a greater range of motion, and take a bigger shoulder turn allowing you to generate PGA Tour like clubhead speed.

Now understand, developing flexibility for golf is not simply performing a toe touch stretch. That is not going to get it done.

You must develop flexibility in the areas of the body that are integral in swinging the golf club.

In addition, you must develop flexibility through the ranges of motion that are required for the golf swing.

These are the reasons it is necessary to use;

Improving The Mental Picture Of Your Swing

Golf Specific Flexibility Exercises

Golf specific flexibility exercises develop your body around the golf swing. Focusing on the muscles incorporated in the golf swing. Developing the ranges of motion required of the golf swing. Improving the shoulder turn in your swing, and increasing the power in your golf swing. Take a look at Tiger Woods, Phil Mickelson, and Vijay Singh. They will all show you the same in their golf swings. Flexibility and a full shoulder turn are needed to develop power.

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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