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**Some Tips To Improve Your Golf Swing**

**By Edwin Shackelford**

So, your golf swing needs improvement and you know it? Here are some tips in making better golf swings. Tip no. 1. A great golf swing does not mean you have to swing with arms.

Behind your back, put your golf club while you turn your back to your target. It is like taking your club back as you hinge your arm at your shoulder.

You could also practice the drill known as no arms.

Tip no. 2. You should not forget cocking wrists. Do not forget cocking your wrists. This might be difficult at first, but it will be natural to you with enough practice. Tip no. 3. You should let the left arm clockwise slightly when you start the back swing. It is not really something that you actually should remember. It naturally happens if you would just allow it. This just means that you should not resist this movement that is just natural. You might not notice it, but you might have been resisting this movement because this causes the head of your golf club to go open slightly when you swing it. Just allow it to happen. Tip no. 4. Plant your feet firmly on the ground. You might have copied this from baseball. That is, letting your foot heel in front to come above the ground when you swing your golf club back. Some people think that by doing this so, their back swing feels more huge.

It is something that seems lifting the front heel can easily make the body coil and for the tension to build that much harder. Letting the foot roll freely to the inside is fine. However, one should keep that foot on the ground to make golf back swing well-anchored. Tip no. 5. From the bottom golf down swing.

Assuming that you accomplish all the drills correctly - from the golf stance, the golf grip you have, and your golf back swing. But you can still ruin everything if you begin the golf swing that you have with the shoulders. You might want to use a swing trigger to begin the golf down swing that you have with the lower part of your body. Tip no. 6. And again, on your golf down swing. You should turn the belt buckle to your target.

Try turning your hips as powerful and fast as possible when you do your golf down swing, it works.

## Some Tips To Improve Your Golf Swing

Edwin Shackelford has been helping individuals improve their golf game for years. Visit His Site Today

<http://www.improve-your-golf-game.com>

### **Golf Swing Mechanics Can Be Improved Very Quickly**

**By Mike Pedersen**

If you're like most golfers, you're always trying to duplicate that "perfect" golf swing. I know I am. Doesn't it feel great to hit that effortless shot? Don't you wish you could do it every time? That would be a similar feeling of what the pro's have most of the time. It would be such a high!

So what's keeping you from this goal? Do you think you just need to hit more balls? Or, are you already hitting hundreds every week? If that's not working, do you need more golf lessons? Or, have you taken lessons but not seen improvement?

If it's none of the above, then what?

I can tell you almost 100% for sure...it's your BODY!

Your body dictates your golf swing. How many times have you felt like you can't make a FULL turn or backswing? Do you think the solution is hitting more balls or taking more golf lessons?

It's not! It's improving your golf-specific flexibility and even strength.

Once you address and improve your physical limitations, your golf swing mechanics fall into place, with very little effort. Unless you don't have a concept of what needs to be done to complete a proper golf swing, in which taking a golf lesson to understand it would be first priority.

The majority of amateur golfers have some kind of physical limitation that keeping them from a great game of golf. It could be flexibility, or it could be strength.

Combining the two is your most effective approach.

Getting a golf-specific evaluation by a golf fitness professional is your first step. Then, you can set up a game plan on what you need to work on and how to do it.

You'd be amazed at how quickly you can improve your golf swing and game with this approach. Don't keep looking for the silver bullet. The answer is in the mirror. Now do something about it!

Mike Pedersen is a respected golf fitness expert, and the author of the Ultimate Golf Fitness Guide, numerous golf fitness tips and founder of several online golf fitness sites. For more information on his new, cutting-edge golf fitness e-book, go to

<http://www.ultimategolffitnessguide.com>

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