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**The Absolutely, Positively, Best Way To Get Outstanding Results With Your Golf Swing**

**By Sean Cochran**

Working on the PGA Tour and with Phil Mickelson has brought me great insight onto how success occurs in professional golf.

I'm sure we'll agree that all the players in the professional ranks have incredible talent. I also know that talent alone will not win tournaments at this level. It is often said that any one of the players on Tour can win any week.

What I have noticed over the years of what separates the professional from the amateur golfer is not only talent but the intense desire to improve.

Every single player at this level has a burning desire to compete and win. In order for the wins to pile up, a certain mind set must be in place.

The mind set is one of constant improvement. You'll probably agree that any successful person or business has the same mindset.

Highly successful people and businesses review their current state of affairs and determine where they can improve. It is no different on the PGA Tour.

The best of the best review their current golf game and determine where they can improve.

I would suggest as a golfer, you do the same. Take a good look at your overall golf game.

Ask Yourself:

- 1) "What is my current golf and body reality?"
- 2) "Where do I need to improve?"
- 3) "What plans must be in place to improve?"

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4) "How am I going to go about implementing that plan?"

5) You also need to ask yourself, "If it were easy, what would my golf game and fitness level look like?"

The answers to these questions could be plentiful and may include:

§ Improving your swing mechanics

§ Increasing your golf fitness

§ Performing putting drills 3 times a week

The point to keep in mind is the answers are yours.

The answers will allow you to develop goals for your golf game. The goals are marks that you set to achieve.

The goals can be as simple as going to the driving range 2 times per week or more demanding to the point of lowering your handicap by 5 strokes.

Goals allow focus, create motivation, and lend themselves to improvement in your golf game.

I have found it best to set up a series of goals.

For example, one set of goals are focused towards improvement of your golf swing, a second set is related to improving your fitness levels, and another set on improving your scores.

In addition to setting up a "tier system" of goals, a time line in terms of meeting your goals is of great assistance.

This creates an opportunity for better focus to develop within your mind. In addition, it creates motivation and an uplifting experience once a goal is met.

After asking the hard questions and setting goals it is time to "get the ball rolling." This happens through the development of a plan.

The plan is intended to create a structured approach to improving your golf game. It sets a path to follow in reaching your goals of improvement in your golf game.

Certain thoughts to keep in mind when developing your plan are realistic time commitments, physical abilities, and playing time.

A plan must realistically fit into your life, direct you to your goals, challenge you, and be an enjoyable process.

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If the plan you set up requires immense commitments of time, is "not fun", and is not results oriented. The plan will ultimately fail.

Once the plan fails, the goals become unachievable, your golf game suffers, and mentally you become defeated.

It is of the utmost importance your plan is realistic and focused on you achieving your goals.

For example, a plan to improve your golf game could look something like the following example:

Name: Joe Golfer

Goals:

1. Improve Driving Distance by 20 yards.
2. Become More Flexible.
3. Improve Putting Stroke
4. Loose 10 lbs.
5. Lower Handicap 4 strokes

Weekly Plan:

Monday:

§ Flexibility Exercises

§ Driving Range Practice Session

Tuesday:

§ Aerobic Exercise

§ Putting Drills

Thursday:

§ Flexibility Exercises

§ Driving Range Practice Session

Friday: § Aerobic Exercise

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### § Putting Drills

Saturday:

Play Round of Golf

As you can see, the plan creates a structure around Joe Golfer's goals. Over time if he sticks to his plan. He will achieve his goals.

Remember, at the professional level of golf, improvement is a key to success. If you desire to become successful at the game of golf, determine how you can improve your golf game. Ask yourself the "hard questions" and answer them truthfully. Set up a series of goals for your golf game and implement a realistic plan to reach those goals. Stick to your plan and your golf game will improve.

Sean Cochran

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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### **Some Tips To Improve Your Golf Swing**

**By Edwin Shackleford**

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

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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.

Edwin Shackleford has been helping individuals improve thier golf game for years. Visit His Site Today

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

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