

Golf Swing Setup... Just Like The Pro's

This is the Best Golf Swing Setup Routine I've Ever Come Across... OK, here we go. This is something that I was shown by a Pro Golfer. I have never seen this before in any golfing material before or since. It is a setup routine to ensure that you are exactly the right distance from the ball every time with every club. I have checked this golf swing setup routine with the setup of some of the world's top Pro golfers and it is bang on. I really benefited from this setup. So how does it work I can hear you asking. Well it's rather simple, which is why I'm surprised I've not seen it before. How do you currently know how far you should be from the ball? This routine is simple and accurate. Here we go. It is all related to the length of the club you are about to hit the ball with. The main benefit from this setup is that by setting yourself up right to the ball it will give you plenty of room to work in between you and the ball, rather than getting all cramped up at impact. Setup Instructions... Choose the club you plan to hit the ball with. The following instructions are for a 9 iron through to your long irons: 1. Lay the club down on the ground pointing away from your body, that's from your body when setup alongside the ball in your normal stance, towards the ball. 2. Now move the club head (which should be closest to the ball, away from your body) so that it is on the other side of the ball. So as you look down to the ground you will see the club shaft running away from you with the club head wrapped around the other side of the ball. 3. Now move yourself to the ball and put one finger width space between the ball and the clubhead as it is laid on the ground. 4. Now move back to the butt end of the shaft. 5. Now take up your stance but this time line up the back of your heels with the butt end of the club. This now sets your feet the correct distance from the ball. 6. All you need to do now is keep your feet on the line you've set them and pick your club up and address the ball. 7. WARNING: This setup gives you the correct amount of bend at your knees. To get yourself balanced you will need to push your bum out behind you, remembering to keep your back straight and bend more over the ball. 8. WARNING: The first time you do this you may think you are way too far away from the ball. I have checked this setup and it is absolutely correct and matches the setup of the worlds top pro's. 9. WARNING: You may find it easier to change your setup in small steps rather than go straight to this setup - if the ball feels way too far away from you then gradually increase the distance over a few rounds. You need to practice the setup as described above until you can do it without laying your club down on the floor. Soon you will be doing this without even thinking about it. If you're not certain that this is correct then go to Golf Digest and take a look at the swing sequences and check it out - make sure the golfer you're looking at has an iron in their hands. The Other Clubs The only differences for the other clubs is that for clubs shorter than your 9 iron you add another finger for each club, two finger space for a pitching wedge etc. For the driver, instead of the end of the butt of the shaft being along the back line of your heels the end of the butt should be around the middle of your foot. Give it a try, you might be nicely surprised at how much easier it is to hit the ball with this extra room to work in.

About the Author

Jon Barrett WAS a frustrated golfer who studied the golf swing for 5 years in search of information to make his scores tumble but without success... UNTIL he discovered what only 1% of golfers know. Read about his eye opening concepts you won't find in standard advice:
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