

World Renown Golfer Reveals Top Secret Free Ways To Learn And Improve Your Golf Game

Golf is a great game, but extremely frustrating at times when you just don't seem to get a single shot right: slices, hooks, fats abound; drives are too short, too long, too high, too low, too right or too left; those delightful cannon ball like shots are a far off dream, and you don't know where things have gone wrong. Don't fret. Improving your game isn't the most difficult thing to accomplish on the Earth, though at times it may feel so. Here are some tips on how you can go about improving your golf game. Firstly, when it comes to driving the ball, improving the swing mechanics is the most important thing. And you have to understand that the mechanics of a golf swing require certain specific levels of body flexibility, balance, stability, strength and endurance together referred to as golf fitness in addition to a grasp of the technique. Golf fitness includes high rotational flexibility and strength of the muscles and joints in the lower back, hips, shoulders and the core (i.e, the abdominal area). Improved golf fitness is bound to improve your shots. If you are golf fit, you can implement correct body stance and setup more easily and have better balance and stability, without injury to muscles and joints, leading to improved swing mechanics, better shots, and longer drives. Once your golf fitness and swing mechanics are in order, you can pay attention to the equipment. There's no doubt that custom made golf clubs can make a substantial improvement to your swing power if you know what position the club should be in while it is being swung. A golf swing works best when you strike the ball with the club head square to the line of flight, pointing at the target, and with the right angle of attack. Using the right club in the right way, for the purpose for which it was designed, also plays a big role in improving your game. For example, of the three basic clubs, the driver shaped club drives the ball on a low trajectory and is therefore used for long distance shots. The iron club (lofter), that lifts the ball, is used to place the ball into position in certain spots on the fairway or on the green. The putter is designed to roll the ball; this club is therefore used to accomplish the ultimate purpose of the game to roll the ball into the hole. In addition to these three clubs, you can use a heavy weighted club to get the ball out of deep grass or sand traps. Professional golfers generally use a set of 14 clubs, up to 5 drivers and 8 irons, along with a putter and a weighted club. However, remember that even the best golf club can do only what you make it do; nothing more, nothing less. In conclusion, tips for improving your game of golf boil down to three simple things: 1. Improving your swing mechanics; 2. Improving your golf fitness; and finally 3. Improving the equipment. Of course, the third tip works only after the first two are taken care of.

About the Author

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