

# Secrets Of The Proper Golf Swing Revealed

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Did you know that the average golfer's gross score is 107 shots? If you have ever hit with your golf driver perfectly just one time, then you can do it every time; you have a perfect, proper golf swing, you just have to develop it. Now is as good a time as any to eliminate an unpredictable golf swing.

Both positive thinking and the positive energy you send out will greatly influence your game (and your life), the opposite is also true. The first thing you need to do to improve your golf swing is to understand yourself and your golf swing. It is important that you don't worry about what others think or say about your swing if it isn't up to snuff; rather you should work to improve it at your own speed. Golf requires mental fitness as well as physical fitness and quite often this is often overlooked.

When you swing your golf club, use the muscles in your legs and your trunk. Feel free to ask your golf pro to watch your posture and biomechanics while you are swinging and ask him to evaluate them. At the end of your backswing your hands should be above the right shoulder with the golf club pointing more or less in the intended direction of the ball's path.

Sidespin occurs when your clubface is not properly aligned perpendicularly to the plane of your swing. You also need to make sure not to grip the golf club too tightly. Most accomplished golfers will intentionally use sidespin to ultimately steer the ball around obstacles or head toward the safe side of fairways and greens, but for the purpose of this article we are focusing on first establishing a proper golf swing.

If you have problems with your left knee buckling when you swing, picture yourself holding a volley ball between your knees. The backswing is a simple rotation to the right, and consists of a shifting of the your body weight to the right side, turning of the shoulders and pelvis, lifting of your arms and flexing of your wrists and elbows. It's difficult for a golfer to practice hitting shots longer than short pitch shots, unless of they are willing to pay to play golf or pay to practice at a outdoor driving range or indoor golf training facility.

The most important aspect of the golf swing is the angle, not the strength that is applied to it, this is one of many swing secrets. Putts and short chips are ideally played without much movement of your body, but almost all the other golf shots you will use are played using variants of the full or entire golf swing.

Working out consistantly will change your golf game without question. You may use golf exercise and techniques if you want to gain more power and strength. In order to prevent injury and improve the speed of your swing and distance, requires your body to be strong and flexible. Many golfers are not aware that there are techniques that will drammatically affect the mechanics of their swing; get an edge by changing your approach.

Investing in some of the available golf swing trainers can and will greatly improve your game as a result of improving your swing. Because there are a wide range of golf swing aids and analyzers on the market today, it is important to only pursue those aids that have shown to help the beginning and advanced golfer improve their swing techniques. Regardless of whether or not you use a golf swing trainers, you will probably still need the help of an expert.

Sporting goods stores also carry golf swing trainers and aids to improve your game. There are golf swing trainers that will help you with your swing alignment. There are lots of good golf swing aids on the market today.

Before buying any aid or trainer for your swing, check with a pro to get an idea of what problem you need to work on first; for example, backlift of golf swing, momentum of downward thrust or stance. Golf swing trainers and aids can often be found online and are often discounted or much cheaper. Be cautious about any claims in TV commercials and magazine ads; seek expert advice before you buy because the claims may not be reasonable.

If you apply combined physical and mental training sessions, your reward will be a proper and consistent golf swing improvement. When Deerpath is closed for the season, consider a golf vacation, perhaps Myrtle Beach vacation package, or a Florida vacation to get in more practice. If you are not interested in taking your golf clubs and accessories with you, then you should be able to easily rent golf clubs, golf bags, golf carts and golf cart covers or any other golf accessories at any golf resort.

Keep it simple and try to concentrate on just one of the weaknesses in your swing at a time. Be sure to find and use good golf swing trainers to help improve your game. You're sure to achieve a perfect and proper golf swing every time!