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by Terry Clark

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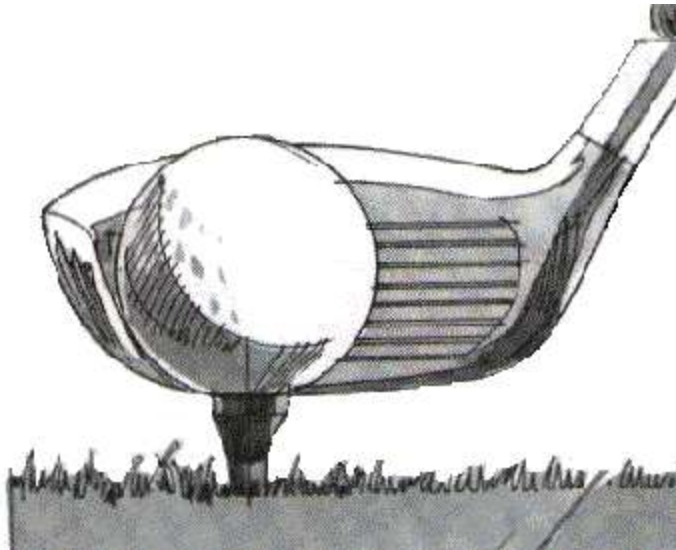
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#1. Are You Fully Committed To Playing Your Best Golf?

After taking golf lessons and/or attempting to make changes in one's swing, many players have a difficult time fully committing to executing the new swing on the golf course. There are a variety of reasons for this. Some are concerned

because of a fear of hitting the ball in a "bad" place- into a hazard, bunker, OB, etc. Others don't swing the club with full commitment because of a lack of faith in their ability to swing it well, and instead end up trying to guide the ball.

The trouble with making tentative swings is that regularly the shot ends up creating a poor result. Here is how the best players in the world handle this problem.

There are basically two ways to approach a shot, each with two basic results. A swing can either be committed or uncommitted, and the result of any swing can have a positive result or a negative result.

1. Commitment with Positive Result-----2. Commitment with Negative Result

3. Lack of Commitment with Positive Result-----4. Lack of Commitment with Negative Result

Situation 4 is the absolute worst feeling in golf. Swinging the club or executing a putt tentatively and/or without commitment and getting a poor result is a double whammy. Here the player is trying to protect against a feared consequence, hasn't really given himself a chance for something good to happen, and had the feared outcome happen anyway. This scenario scores a direct hit on the confidence because of the lack of courage and the poor result.

Situation 3 is only slightly better. In this instance, the player doesn't really "go after it", but gets a positive result anyway. Most golfers in their heart of hearts know when they've "gotten away with one" as opposed to when they've actually "gone after it". Most players don't feel very good even when they have hit a timid shot or made an unsure putt and had the ball go where they were

hoping. Essentially, this feels good in the moment, but it has a negative impact on most players' confidence.

For the most part a lack of commitment, irrespective of result, sets up situations that ultimately hurt a player's confidence.

On the other hand, commitment inescapably does the opposite.

Situation 2, where a player makes a fully committed swing or putt and doesn't get the result he'd like, creates mild disappointment. While this is true, competitive golfers know that they've at least given themselves a chance for something good to happen, and have done what they could to create a positive golf shot. Most live well with this, knowing that over time these types of swings and putts will produce the rewards they seek. This is a net positive to the confidence. Situation 1 is the best feeling in golf. It is the situation where one makes a fully dedicated pass at the ball and gets exactly what one was looking for. These are the moments which generate ? even for the casual golfer- the kind of internal response that connect with one's love of the game. Getting a positive result in a situation where a challenge was confronted head on is high on the list of confidence boosters.

Confidence can be built one shot at a time if swings and putts are made with steadfast commitment!

#2. Are You Having Trouble Sustaining Energy On The Back Nine?

Loss of stamina and endurance toward the end of an eighteen-hole round of golf happens to many golfers and can often be attributed to poor nutrition. To keep up the pace and go the distance, there is no substitute for good nutrition.

Good golf nutrition has many of the same characteristics as good general nutrition. Foods that are low in fat and contain balanced portions of lean protein and slow release carbohydrates make the best choices, and the golfer's diet should include lots of these. Lean meat, fish, and poultry are all excellent choices and should be staples in a high nutrition diet, as should carbohydrates containing whole wheat sources and green leafy vegetables.

Golfers should avoid starchy foods like potatoes, white breads, corn, and foods high in sugars. These can serve to make you groggy and less able to react properly. They will rob you of stamina rather than enhance it.

Instead of eating a traditional "three meals per day," golfers can benefit from learning to eat several small meals over the course of the day. This process helps to train the body to take in energy in small doses and use that energy more efficiently.

Golfers need to drink lots of water. Anywhere from eight to ten glasses per day is optimal, and more than that may be necessary when playing ? especially during the summer or in places with an exceedingly warm climate. Phoenix and Las Vegas, for example, are two of the most popular cities in the US for golf and they have two of the most unforgiving summer climates. Hydration is very important.

Two things to stay away from are caffeine and alcohol. Both can adversely affect your play. Caffeine over-stimulates your muscles and increases your heart rate. It makes it difficult to concentrate and can cause you to play with less elements of control. Alcoholic beverages, of course, can significantly reduce your coordination, even in small doses. It's best not to drink any alcohol before or during play unless you don't mind the compromise in performance.

Use these simple tips to gain a competitive advantage over your foursome while preserving your energy and increasing your stamina and endurance. Keep your nutrition sound and you'll reap a lifetime of benefits.

#3. Are You Too Old For Golf Fitness Workouts

Many a senior golfer would not resist the temptation to skip golf fitness workouts, using their age as an excuse. And at first glance age would seem to be a genuine excuse to avoid golf fitness workouts.

After all golf fitness workouts, as most people seem to believe, are supposed to be very strenuous programs where even dumb bells are used.

So how do you tell that you are too old for golf fitness workouts?

The answer to that question is really simple. If you are too old to play golf then you are probably too old for golf fitness workouts.

I regularly work with 80 year old golfers who comfortably go through golf fitness workouts, dumb bells and all. It is also probably appropriate to add here at this juncture that I also regularly work with youngsters barely in their teens.

Both groups of persons are able to dramatically improve on their game with the help of golf fitness workouts.

Golf fitness workouts are not any more rigorous and punishing than the game of

golf is. Remember that the work outs are golf specific, meaning that they are specifically designed to help strengthen and condition the very muscles used in golf.

It is definitely not a boxing or body building fitness workout. Workouts for those sports reflect the rigorous and physically demanding aspects of those sports. In the very same way that golf fitness workouts reflect the requirements of the game of golf.

The dumbbells are usually used for strength training because this is the most efficient equipment anywhere for building strength quickly hence their inclusion in the best golf fitness workout routines.

The idea is never to lift heavy weights over long periods of time. Rather the objective to condition and strengthen golf muscles using lighter weights lifted over very short periods of time.

If you are not too old or too young for golf, golf fitness workouts are for you.

#4. Are You Wearing The Right Golf Shoes When You Golf?

For those of you that golf you know that golf shoes are an integral part of the game. Not only do you need the support and comfort for the 7,000 plus yards you have to walk, but you need the right foot traction and grip throughout your swing process for that good contact with the ball. The right golf shoe can make a huge difference in your game.

There are plenty of golf style shoes available in stores and online, from the likes

of Nike, Reebok, Etonic, Footjoy and many more. The huge selection of shoes available provides us ? the consumer, with different options for comfort, support and a fashionable look. It all comes down to personal preference when deciding on how you want to look on the golf course in your shoes.

Every golfer has the same needs out on the golf course, which is a comfortable shoe. Remember that if you are walking the golf course you will be looking at 4 to 5 hours of being on your feet, as well as you will be walking 7,000 plus yards. So if you are not comfortable in your shoes you can count on not playing well.

Most golf footwear today is made of high quality soft leather for durability and comfort. Designers have been paying close attention to insoles and how the feet sit in the shoes. Experts have come to realize that overall balance during the golf swing is essential to make good golf ball contact. That is why there is extra support on the heels in the construction of a good shoe - for greater stability. More and more shoe companies are putting in an orthotic style shoe insole to meet the playing demands of today's golf enthusiast.

Another important aspect of the shoe is the grip, whether it is a cleated style that is plastic or metal, or whether it is replaceable or not. Golfers know that foot grip during the walk through the course and even more importantly foot grip that is solid during the swing is extremely important. There is nothing worse than feeling your feet slip on a swing. The most commonly used golf footwear is the versatile, quick and easily replaceable spikes. What that gives the golfer is interchangeable golf spikes on their shoes for any condition, as well as not having to replace or break-in a new pair of golf shoes every time you wear the spike out.

If you are a die hard golfer, weather is not an issue. You just love to play golf even if it is early in the morning and pouring rain, it just doesn't matter! Golfers shoes today are made with your feet's protection and comfort in mind. These special shoes protect against the elements, and most shoes have a waterproof lining such as Gortex to ensure dry feet during an early morning round.

These are a few things to keep in mind when shopping for golf style shoes. Look for overall comfort and support and increased stability for that long day on your feet. Make sure your shoes keep your feet dry on the golf course especially for those early morning tee-offs. For versatility buy a pair with replaceable spikes, it will prove to be very practical.

Choose your golf shoes wisely for an enjoyable and good round.

#5. Back Exercise And Golf Are Synonymous

Back exercise and golf. Doesn't that sound like a common denominator? Of all the injuries in golf, the low back is by far the highest one.

To explain why doing back exercise for golf is important, a golfer needs to understand why.

The golf swing is one of the most (if not the most) stressful movements on the lower back. Picture this. You're in a static position at the start; then you try to rotate your upper body as far as you can go, while keeping the lower body as stable as you can.

This movement all by itself puts tremendous stress on the lower back. If you have a lower level of rotational flexibility, you are at HIGH RISK for low back injuries. You many have one as we speak.

Now picture having the strength to 'uncoil' that backswing, maintaining your

golf posture at between 80-100 mph. If you have not participated in a back exercise for golf, you will not be able to generate any power at impact, therefore your driving distance is inadequate.

Does this sound familiar?

It should. I see this all the time on the golf course. Especially with the senior golfers. They have physically declined over the years and have not done any back exercise for golf and can't generate and clubhead speed.

There is hope!

To remove the threat of low back injury and improve your ability to turn back and turn through with power, you just need to do a couple of simple back exercises for golf.

One example of a back exercise for golf that you should be doing several times a day is what I call the Lying Leg Crossover, which is incorporated in all my products.

Here's what you do:

- **Lie on your back with your legs extended.**
- **Raise one leg and bend at the knee to 90 degrees and the hip to 90 degrees.**
- **Cross that leg over extended leg, while opposite shoulder stays on ground.**

- Go until slight pull in butt and lower back.
- Hold and repeat once more.
- Switch legs and do opposite side.

This is a very simple back exercise for golf and no equipment is required.

Just do this back exercise for golf religiously and you'll see a HUGE improvement!

#6. Back Fitness For Senior Golfers

Back injuries are prevalent among golfers of all ages and especially for senior golfers. Age has a way of letting us know subtly that our bodies no longer react like the good old days of 20 something. The back is one area of our body we can't afford to take for granted. Whether you suffer from minor aches and pains, mild discomfort or even general tightness, your back could be at risk as well as your game.

So how can we protect our backs from the wear and tear of age while creating longevity in golf?

The first thing to check is your posture. If you don't know the right way to sit, stand or lift weight, then you are far from learning the complexities of swing mechanics!

The "perfect swing" is something many attempt to learn by watching or reading

a book. Yet, it's a motor skill, which also draws upon your 'feel' for things.

When you first learned to swing a golf club, you might think you were learning things from 'scratch'. But were you?

You already knew how to stand. If you tend to slouch while standing, or if your back muscles were poorly developed, you probably ended up trying to create the "perfect swing" by sight rather than by the feel of things.

Maybe your upper back is making up for your lack of lower back flexibility. Perhaps your lumbar pain results from underdeveloped hips or abs. It doesn't matter where your 'weak link' lies. It always kicks in a series of "compensatory" moves.

These wrong moves are not only an open invitation to injury- they can take you years to correct and refine - if you are blind to the underlying postural flaw.

Experts agree that an erect posture with neural spinal alignment can give you an added rotation of up to 30°. Imagine the extra momentum that would lend to your club head!

Three simple ways to Improve your Swing with Better Posture:

1. Stand Tall! When you slouch, you compromise the normal curvature of the back, which is important for proper joint movement.

Try this simple experiment: Sit on a chair in the bent-over posture. Your shoulders are slouched and the neck protrudes outwards. Try to swing your

arms. Most of the movement will come from your elbows, rather than your shoulder joint (which has a bigger range of motion).

Next, sit up straight, with your shoulders squared and your neck in proper alignment with the spine. Your arms will swing freely from the shoulder and rotate freely in any direction.

More importantly, the right posture will keep your back healthy and minimize the sheer forces on the spine - which form the root cause of pain.

2. Bend at the Hips (not at the Back!)

When you bend, make sure your back is in a neutral position. That can only happen if you bend from your hips.

To facilitate this position, make sure your lower abs are properly engaged. Strong abs are the very foundation of a powerful, fluid stroke!

3. Improve Stability

Better balance and coordination help to effectively transfer the momentum of your swing to the ball.

Stabilize your torso by keeping your feet shoulder width apart- having them too close or too far apart will affect your balance.

Learn to shift your weight smoothly from one foot to the other. It will greatly

reduce the impact on your lower back.

Finally, do not lean on the toes or roll at the heels. A shaky foundation can kill momentum before your club head strikes the ball.

It may take some time to get accustomed to the new posture. But these simple changes will help you play better golf longer.

Doesn't that make it worthwhile?

#7. Baggin It Right...raises Your Game

Even the most casual of golfers needs a golf bag. Having the right golf bag is essential. It is another tool to help raise your game. If your clubs and other equipment are stored in an appropriately sized and organized bag, you can concentrate on your game. Otherwise you can be scrambling to find your rain gear when hit by a sudden shower or for another golf ball to replace the one you just hit into the middle of the lake. For anyone looking to purchase a golf bag, there are several things to consider and brand is not necessarily one of them:

Size:

When it comes to golf bags, size does matter. Some tour bags seem like they are big enough to double as a shelter in a rainstorm while I have seen golf bags so small they look like they could hold no more than a putter and a driver. So how big of a golf bag do you actually need? Try to determine your present requirements based on current equipment. Then, consider how your equipment

list may change and grow over the projected lifetime of the bag.

Durability:

The durability of a golf bag depends on design, material and treatment. If you are a casual golfer who stores your golf bag in the house after use, you could enjoy a nylon bag that isn't very expensive.

If you are a more frequent golfer and keep your golf bag in the trunk of your car, then you will probably want a bag made of leather or vinyl. Remember, the golf bag is not just for carrying the clubs, it is also for protecting them.

Style:

Depending on how you get around the course, you will want to decide between a carry bag and a cart bag. A cart bag is nice if you use a golf cart frequently. Cart bags are also designed to be used with a pull cart.

When considering a cart bag, consider also the type of pull cart you will use. Test the ease of motion and comfort of the handle at preferred transportation angles. Check if any of the features that help you transport the golf bag are adjustable, as the center of gravity will vary depending on the load in the bag

If you are accustomed to walking, you should look for a golf bag that is comfortable, light weight and ergonomically designed to minimize the stress on your back and shoulders. Many of the new bags have gel carry straps for shoulder comfort.

Depth/Design:

If you use extended length shafts...ensure that the golf bag you are considering will adequately protect as much of the shaft as possible and comes with the enough club dividers to satisfy your needs.

Cosmetics:

Color and accessories are really a matter of taste, need and how much extra money you are willing to spend. Some golfers want to make their bags unique. Some just want a place to put their clubs.

Storage:

It does not matter how often you play golf, at some point that golf bag is going to need to be stored somewhere. Ensure that the size golf bag you purchase will fit in the area where you will be storing it.

#8. Balance Your Checkbook And Golf Swing

We all search for it. Balance in our daily lives. Balance while riding a bike. Politicians are always debating a balanced budget in Washington, and most of us could use a little balance in our checkbooks. Balance is a term used in golf quite often as well. It's a "buzzword" and almost a cliché when it comes to the golf swing. I am sure you have heard numerous times from swing coaches that "you have to stay balanced when swinging your club." Others phrases that I hear when we talk about golf and balance are the following: "When it comes to a sand shot, dig your feet into the sand so you can stay balanced," "If the ball is

on an uphill lie and above your feet, make sure you swing through the ball, and stayed balanced," and "Stay balanced when hitting the driver and get to the finish position in perfect balance." The list could go on and on, and I am sure all of you could probably add to the short list above.

Two questions always arise in my mind when I hear the word balance in association with golf: 1) what does balance exactly mean, and 2) how do I create balance in my golf swing? I am guessing quite a few of you have these same questions, or similar ones, when you talk about the subject of balance in relation to the golf swing.

I am going to answer both of these questions. We will first define balance and its relation to the golf swing. Secondly, we will discuss how you develop the balance capacities of your body in relation to the golf swing. So without further ado let's get started.

What is Balance?

This is a really great question and the perfect way to begin. So let's hear it! What is the definition of balance? Think about it for a minute and then write down a couple of your answers. I understand that this is not the easiest question to answer (trust me, I have asked it plenty of times), and it is okay if you are not able to create a good working definition of balance (that's part of what we are going to do with this article). Okay, time is up, what did you write down?

Well, let me tell you some of the replies I have received for this question and we will take it from there. Here are just a few that I hear: "head over your belly button between your feet," "swinging a club on the correct path," "knowing where your body is in space," and "kinesthetic awareness." All of these answers are somewhat correct, but none of them gives us a good sound understanding of what balance really means.

The definition of balance is simply the ability to control your body during movement. Sounds pretty simple, does it not? It really is when you think about it, but let's break this definition down so we understand it completely. Starting with the first portion of the definition: "the ability to control" means what? Well, it is probably easiest to imagine what "out of control" looks like. Take the mental image of a racecar crashing into the wall. We could describe the car as out of control. Now take the flip side of this, and what would this car look like if it were in control? It would probably zoom around the track without hitting anything. The body is the same; if your body is out of control it will, in a sense, crash or fall over. If the body is in control, then it performs whatever movement you are asking of it without "crashing." Take the example of a toddler running. Sometimes they get going so quickly that they get out of control and fall over. Other times they stay in control and are able to run.

Moving onto the second part of the definition: "your body." Pretty easy concept to understand, don't you think? Your body includes your torso, head, arms, legs, and anything attached to the arms or legs, like a golf club. Up to this point we can put together the first two parts of the definition and summarize it as: the body (including your arms, legs, torso, head, and golf club) must be under control. Let us add the final part of the definition into the mix to complete our understanding.

The final piece of the definition is: "during movement." This simply means anything your body is doing. It can be walking, running, throwing a baseball, or, in our world, swinging a golf club. Swinging a golf club is "our movement" when discussing this definition. We are now at the point to put the whole definition together. Let us use the example of a golf swing to create the connection we are looking for in terms of the definition.

Balance is the ability of your body (i.e. nerves, muscles, and skeleton) to swing a golf club effectively and efficiently on the correct path without changing the position of your body in such a way that it is detrimental to the swing and its

outcome (i.e. contact with the ball). Pretty simple definition when you break it down, and from now on when your swing coach says, "You have to stay balanced," you know what he is talking about.

Developing Balance in Our Golf Swing

Okay, we now know the definition of balance and its relationship to the golf swing. Now, for the second question of this article: "how do we develop balance in relationship to our golf swing?" This next section will answer this question for you. I would also bet that the answer is not as obvious as it appears.

I will first say that developing balance in your swing is a combination of a couple of factors. The first and probably most obvious factor is mechanics. The golf swing is a biomechanical movement that requires the body to take the club through a specified swing path in a certain sequence and timing. The body must learn the biomechanical movement of a golf swing to become efficient with the movement. As your body becomes aware of the movement, more efficient with the movement, and has a better "feel" for the movement, the concept of balance in your swing will improve. So the first part of developing balance in your swing is linked to the mechanics of the swing and becoming more efficient with these mechanics. This all funnels down to two things: 1) proper instruction about the swing, and 2) practice. Practice, practice, and more practice is necessary to create better balance in your swing.

The second factor has to do with a term that many of you have probably heard before. That term is "muscle memory." Realize that within your body the skeleton is controlled by your muscles, muscles are controlled by nerves, and the nerves are told what to do by your brain. The messages sent to your muscles through your nerves by the brain create movement (i.e. muscles working to make the body move). These movements can either be efficient or inefficient. Inefficient movements by the muscular system tend to be "sloppy" and "unrefined." Efficient movements are just the opposite. Efficient movements by your muscular system are refined and technical. Improvement in balance is a

result of the latter (i.e. efficient muscular movement). Efficient muscular movement is developed through training the muscles and nerves of your body to become more efficient. This is not done through typical exercises like bench press or leg press, but through stabilization and balance exercises.

As golfers we have our priorities. Let's get some balance in our golf swing by training our bodies, getting proper instruction, and certainly a lot of practice. Once we've got balance there, then we'll start talking about balancing our checkbook or helping Washington balance the federal budget.

#9. Basic Golf Etiquette

Many golfers take to the sport without the basic understanding of how the game should be played. Of course, we all know that the game requires a tee, a ball, and clubs, but few golfers actually take the time to learn the proper etiquette of the game. Lacking this type of fundamental knowledge can lead to tremendously embarrassing mistakes on the green. Golf is a great game when digested properly and then studied correctly. It's important to take each step as it comes and do it right. This article should help you to understand the basics of good golf etiquette. I think that I can best show you how the game is played by taking you through the play of one hole with a foursome.

The members of the foursome or twosome hit in turn. The closest ball to the green hits last and so on. When on the first tee, the order in which the players hit is decided, this order only pertains to that first shot. The golf term for this action is honor.

From the very beginning, it is always good to check, before swinging, to see if the members of your party are out of swinging distance. The ordinary swing of a golf club can be a deadly blow. Therefore, rules of etiquette are often rules of

safety. Everyone in the group should be standing to one side or sitting on the benches, provided by most courses, awaiting their turns to hit, and there should be no talking on the tee or at any time when an associate is preparing to make his shot. All clubs, bags, carts and other essentials of the game should be left off the teeing ground.

Don't practice your swing while other members of your group are hitting, and don't stand behind the tee. Stay behind the player - to his back. It is easy to see a player out of the corner of your eye and that little thing could be distracting and result in a missed shot.

When the entire party has completed their first shots, walk directly in the line with your ball. But if another player has hit short of your ball wait for him to complete his second swing. This is another item of etiquette protecting the safety of the players and the skill of the hitter. Like the swing of the club, the flight of the ball can be dangerous. If players walk in front of another who is hitting, the distraction could cause a missed shot and the result can be injury to a companion.

Before you get going to far, one of the most important points of golf etiquette is waving through. Never hold up a group playing behind you. If you are slower than they are wave them on and wait until they have safely gotten out of range before you continue.

If you game is anything like mine, when you take your first drive, you may have to contend with that familiar obstacle ? the rough. When your ball is in the rough, Nothing rooted may be removed to allow an easier shot. It is all right to remove dead wood, grass or leaves, providing the ball does not move. Be very careful here!

When it's virtually impossible to hit your ball, you may declare it unplayable. It is then allowable to pick the ball up, move two club lengths away from the

obstacle (not nearer the hole) and drop the ball over your shoulder. But this isn't for free-you have to add two strokes to your score. In winter time, and during wet weather, it is sometimes permissible to lift your ball and drop it again for a better position. Also, around some clubs players move their balls to a choice spot with their hands. This always pertains to balls in the fairway.

Once you reach your ball and prepare to approach the green, study the lay of the land. Remember, when your ball is hit out of the fairway nothing can be removed to improve the lie of the ball unless it is dead matter. In rough, or woods, players can pick up dead limbs, leaves, paper or cut grass. But growing bushes, roots, tall grass must remain in place.

In traps or on the fringes of bunkers the player can move only things that were, perhaps, left there by careless course attendants. This would only include rakes, lawn mowers and other equipment used in caring for a golf course. These technicalities make it a 'must' to know your rules.

Your iron shots from the fairway will often dig up the grass, roots and all. This piece of turf, called a divot, should be picked up by you or your caddy and put back in its place, packing it down well with your foot.

Now that the group has reached the green, other rules of golf and etiquette will come into use. As each player shoots the caddy faces them and lifts the stick so that the ball may have freedom of the hole if it has the proper direction. Without caddies, the player in the group with the ball closest to the cup has the obligation on holding the stick for his companions. When his time comes to hit, another member of the party holds the stick for him.

Should another player's ball be blocking your line to the hole, then you may ask him to mark and remove it. The marking is usually done with a coin. If your ball is in such a position that it might interfere with a player's approach to the hole, it is always good to ask him if he would like it marked. Don't just walk up and

grab your ball or the ball of a fellow member of your group.

Some players make the mistake of entering a sand trap by climbing into it from the high side, but a following player may be penalized by having his ball come to rest in one of the deep footprints left behind. Tearing down the sides of traps and then leaving without repairing the damage is an inexcusable breach of etiquette. Also, when you are in a sand trap, be careful that your club does not touch the sand, even in your address, until you are actually making the downward swing of the club in your stroke.

Putting on the green is handled in the same way as is hitting from the fairway. The ball which lies the greatest distance from the hole is putted first, and so on down the line until the closest man plays. Then the process is repeated until the entire group has played the hole out.

Remember, a careful study of the rules of play and etiquette can do more to insure enjoyment than any other one thing. Thousands of tiny, intricate situations can arise in golf. Don't hesitate to seek the knowledge of your pro. That's part of his job. Your aim is to be a polite as well as a skillful golfer. The two go hand in hand. To know the rules, leads to confidence. And confidence is the key to your quick success in this new undertaking.

#10. Basics Of Golf Swing Instruction - Go With Exercises

Golf swing instruction starts with an understanding of the different segments of the golf swing. Understanding the golf swing segments will give anybody a firm foundation to learn all the tricks of the trade from others and thus be able to understand any golf swing instruction aimed at helping them improve their game.

There are actually three segments to the golf swing. The segments are the backswing, the downswing and finally the impact and follow through.

Dividing the swing into these 3 segments helps to apply every individual golf swing instruction or tip to the particular segments where they apply.

It also helps the golfer focus on one segment at a time in their golf swing instruction making it easier for them to remember what they learn and also to be able to work on improving their game systematically.

There is another bigger advantage to this approach. And that is the ability to be able to draw ones attention to the many different parts of the body and the many muscles involved in a proper golf swing.

This is important in helping a golfer involved in a golf exercise program to be able to appreciate the different exercises they do in the program and what particular muscles the exercises focus on.

All this makes it a lot easier for any golfer to link their exercises to golf swing instructions they receive as they seek to improve on their game.

Actually it is not possible to divorce the basics of golf swing instruction from golf specific exercises. The two go together and chances of improving your game improve dramatically when you combine the two.

On the other hand progress is bound to be much slower when you work on golf swing instruction only.

#11. Becoming An Ageless Golfer

It happens to all of us, even though we do not want to admit it. The reality is we all get older. Some of you may already know what I am talking about, and others may have yet to experience the phenomenon of aging. Those of you who are reading this article and are no longer "spring chickens" get my drift. Even if you are one of the lucky ones, still young, let me fill you in on what happens as the body gets a few miles on it.

Probably the biggest thing that we all dislike when we creep into our thirties and forties is the extra poundage (i.e. weight) we tend to put on. (It is also a lot harder to take off when we get older.) Unfortunately, because our metabolism slows down, we are unable to pound down a burger, fries, and a couple of cokes without the bathroom scale hitting "tilt" a few days later. In my mind, that probably is the most difficult adjustment we have to make: an adjustment in our nutrition intake as we age.

The second most noticeable difference as we age, especially for the more active individual, is it becomes a little more difficult to get out of bed. The back is a little sore, the knees are a little creaky, and, if you workout, the soreness does not go away as quickly. This is a result of a few things that happen to our bodies when we get older. Number one is we lose a percentage of our muscle mass on a yearly basis. After the age of 25 (don't quote me on the specifics, but I believe) about 1% of your muscle mass is lost per year. Makes sense now why we get a little sorer and getting out of bed is more difficult. We simply do not have as much muscle to do the work.

I could go on and on with the depressing facts of aging, but let us look at just one more before moving on. As you get older you become less flexible. It takes you a lot longer to "limber up" for any sporting activity: golf, tennis, or a pick up

game of basketball. Less flexibility predisposes you to experience more difficulty with certain movements: touching your toes, rotating during a golf swing, or even reaching down to pick something up off the ground. Why does this occur? Our bodies, as a result of wear and tear, become more "tight" and "wound up" as we get older.

So there you have it! Some of the great things to look forward to as you get older (kidding of course). So if you're in your twenties and you're reading this article, "enjoy it while it lasts," because the road gets a little more difficult to travel as you get older. But, if you're beyond your twenties, I am sure you can relate to the general results of aging in relation to your golf game. Quite simply, extra pounds decrease your stamina (and may affect your swing plane). Less muscle equals less distance off the tee, and decreased flexibility tends to make the turn in the golf swing much harder to perform. An unfortunate situation, but the good news is that we can slow down the aging process and limit the effects of aging on your golf game.

Slowing Down the Aging Process for the Golf Swing

I have given you a little "carrot of information" that we can slow down the aging process. How do we do it? It is actually quite simple and only requires a little time out of each day (15-20 minutes) and a little discipline. Sounds pretty easy when you think of all the benefits you stand to gain. What we are going to do is provide you some answers on how to slow down the aging process. Remember we can't stop the aging process, but we can sure slow it down. The benefits of slowing down the aging process are evident when you see guys in their 50's winning tour events. It just takes a little time, some knowledge, and discipline. If you are saying, "I don't have the time," let me ask you one question: How would you like to feel 10 years younger right now and hit the ball farther than you did in your twenties? I imagine the answer to both of those questions would be a resounding yes!

Let us start with the first topic that we described when you get older, the

additional pounds. Unfortunately, as you age your metabolism slows down. For those of you who are unfamiliar with the word metabolism, think of it as your own internal furnace. It is the rate at which you burn fuel (food is fuel to the human body). When we are younger we tend to have faster metabolisms, and as we get older they slow down. (I know it is a bummer.) Well, let me tell you, there are activities to speed that metabolism back up. The way to do it is by performing some fitness activities. If you are active and participate in some type of structured activity your body will burn more fuel and elevate its metabolism during this time. In addition, if these activities are resistance-training activities (i.e. weights, tubing, light dumbbells, body weight), then over time you will build some muscle. The great thing about that is the more muscle you have the higher your metabolism will be all the time (translation: you will burn more fuel all day and night). A secondary benefit of such activities will be greater stamina on the course. So rather than "spraying your shots" around on the back nine because you're tired, you can have pinpoint accuracy going into the 18th.

Moving on to our second point, the loss of muscle mass as you age, this one is a tough one to swallow. Just think, we actually LOSE muscle as we age. Pretty depressing. The good news is it can be limited or stopped. Before I give you the solution, let's look at how this affects your golf swing. Essentially, in the golf swing you create club head speed. That club head speed is the result of creating rotational power, which we define as torque. To create torque, the muscles of the body have to be flexible, strong, and powerful. Now guess what? If you have less muscle, what do you think is going to happen to your power outputs and club head speed? The answer is they will decrease. No wonder they make senior shafts with a lot of flex. This is the golf manufacturers' attempt to deal with this problem. It helps to a point, but we have a better solution. How about putting something in your bag that makes you stronger, improves your power, and gets back that lost distance? Sounds good? Well, it can be done if you implement a golf-specific strength-training program. You can get back that lost muscle mass, get back that power, and improve your driving distance. This is what we call the development of "golf strength," and it can be done with a program that takes a total of 15 minutes a day!

Finally, moving on to the flexibility issue, our bodies lose flexibility as we age.

Flexibility is a must when it comes to the golf swing. Here is what happens when you do not "work" on your flexibility. A loss of flexibility in the golf swing limits the ability of the body to perform the correct actions to create the proper swing. Essentially, your body won't allow you to take the club back and through on the correct swing path. This leads to miss hits, slices, hooks, and a whole bunch of other shots that are very unpleasant. So how do we fix this problem or not allow it to become a problem? The answer is to implement a golf-specific flexibility program. This again requires a daily commitment, but the time frame is very little (say 5 minutes a day). So again, ask yourself: Is it worth spending 5 minutes a day on flexibility to have the golf swing you would like? I bet most of you would answer yes.

The Magic Pill

Well, there you have the pleasures, displeasure, joys, and sorrows of the aging process. We all get older, but there are things we can do to prevent the displeasures and sorrows. If we take a little time every day and perform the proper exercises and activities, we can reduce the effects of aging and have a great swing for as long as we like. That's the only magic pill I know of.

#12. Before Purchasing A Gift For A Golfer...ask Yourself These 3 Questions

It should be rather clear to everybody that the gift a golfer will ordinarily appreciate the most, is the one that improves their game. Most golfers are constantly looking for ways to improve on their game. It usually dominates their every thought when they are on the course and many times when they are off it.

Before selecting a gift for a golfer, it is useful to ask yourself the following 3 questions and to get adequate answers for them. Remember that this is a task

that is much more complicated than it may seem at first sight.

A) What is their particular golf weakness?

What is the particular weakness of the golfer who you are seeking a gift for? The fact that they have a problem with their golf swing is not goof enough. What particular aspect of the swing? Do they tend to slice the ball or does their swing weakness have to do with a nagging back problem that doctors do not seem able to deal with? This is very important information that you should have long before you even start considering the gift options for a golfer.

B) What are they using currently?

Chances are that the golfer has already taken some action to deal with their weakness. It is important to know what they have done so far because you do not want to get a gift for the golfer that they already have.

C) What do the experts think?

Expert advice always makes a difference. We have golf exercise experts who can be of great help when you are selecting a gift for as golfer. They will be able to advice you on the best way and therefore the best equipment to correct the particular golfer who you purchasing a gift for.

You will be much better off with them than with the shop assistant or store salesperson whose job is to sell as much merchandise as possible. Their golf knowledge is also bound to be limited and even if it is not, it cannot be compared to that of the golf exercise experts. It will certainly help if you seek expert advice before settling on your gift for the golfer you have in mind.

#13. Beginner's Golf Swing

If you are a beginner at the fine sport of golf you may need some beginner golf swing instruction. Where can you find beginner golf swing instruction? What are some beginner golf swing instruction tips? You have come to the right place for beginner golf swing instruction tips and information.

Start by contacting your local golf course or country club and inquire about beginner golf swing instruction. You can also talk to the people at a community college close to you and see if they are offering any classes on beginner golf swing instruction.

Check the newspaper and find out if there are any individuals who might be interested in teaching beginner golf swing instruction.

You may also be able to find lots of help with beginner golf swing instruction online. There are free golf web sites as well as videos and books on beginner golf swing instruction that you can purchase.

As a new learner you should consider a few things before you start beginner golf swing instruction. The mental part of the game is very important. Before you start beginner golf swing instruction remember that self confidence plays a key role in your success.

Learn how to talk to yourself in a positive way before, during and after you take that first swing. Beginner golf swing instruction may be a negative experience if

you worry about what others are saying about you.

Keep your mind on the swing and focused at all times. This is another key in successful beginner golf swing instruction.

Find a good instructor or other way to learn and get yourself ready mentally and you will get good results in the area of your golf swing.

#14. Beginner Or Novice Golfers: Start With A Pre-owned Set Of Golf Clubs

As a beginner or novice golfer, you want to avoid the expense of purchasing a "New" set of golf clubs, and concentrate your efforts on finding a good set of "Used" golf clubs (also know as "Pre-Owned".)

Major golf club manufacturers introduce new lines of clubs almost every year. With the yearly advances in golf club technology, many golfers regularly upgrade their existing golf sets in pursuit of improving their game and lowering their handicap. This leaves the golf club market flooded with high quality, bargain sets of golf clubs. The trade-in market has become so huge, that a few major golf club manufacturers have launched their own sites to meet the demand, like "Callaway Golf" (www.callawaygolfpreowned.com.) The question is where, and how, do you find the best set of clubs for you?

Online is a great place to start. You want to get a feel for the market by comparing the prices of the "Pre-Owned" clubs offered by the thousands of sites advertising the sale of used clubs (Searching "Google" alone will bring up about 700,000 sites.) Surf a few sites and compare the quality and prices of numerous club sets. While you are on the internet, E-bay may also prove to be beneficial in searching for your set of used golf clubs. The selection and variety

of clubs available changes daily, so you will have to keep a close watch to find the best deal for your golf clubs.

Also, you may want to look for a "Beginner" golf set, which usually consist of the #3, #5, #7, and #9 irons. Beginner sets of clubs normally include a "Wood" or two, and a "Putter" as well. At this point in your golf career, you really don't need to purchase a "full" set of clubs. Mainly, because you may not be playing golf very long or very often. The best choice may even be a "Pre-Owned" beginner set of clubs. Don't confuse a set of "Beginner" golf clubs with "Kids" golf clubs, which come in smaller sizes and/or lengths for kids. If you feel like you are bending over too far to swing the clubs, they are probably too short. You should be able to stand fairly straight, with your knees slightly bent, and your arms should hang freely as you grasp the club.

Your local newspaper is also a great place to look for a set of clubs. All year-round you will find bargains on some quality sets of golf clubs. This also gives you the opportunity to see and swing the clubs. It helps to get a feel for the clubs before you buy the set. Check out the condition of the grips, shafts (steel or graphite), and the club heads. Compare them to other clubs you have seen for the same price. Many people are selling some very nice clubs because they have either updated their own set of clubs, or have given up the game of golf.

Local golf stores and sporting goods stores are a good place to shop for a "Pre-Owned" set of golf clubs. Many are now accepting trade-ins, toward the purchase of a new sets of clubs, and re-sale the use golf clubs at good prices. Many have an in-store practice tee or net for you to try the clubs before you buy them. Your nearest driving range or pro shop may also carry "Pre-Owned" sets. They might even give you a free bucket of balls while you try the clubs. They can also advise you on how the clubs fit your body type and swing.

Last, but not least, check with friends, relatives, co-workers, or any contact of yours (and your spouse if you have one.) Golf popularity is at an all time high,

you might be surprised who you know that plays golf. Odds are, if they have been playing for awhile, they have an extra set or two in the garage that they might be willing to sale. They might even let you try them out for free, to see if you like the game. And wouldn't that be the best bargain of all!

#15. Golf Facts That Will Change Your Game

Are you seeing the same decrease in your handicap that reflects your hard work and efforts? Do you consistently fall short on your drives or feel exhausted at the end of 18 holes? Do you carry the disappointment of a missed putt over into the next hole? If you are plagued with problems like these then it is time to give your golf game a boost. Change your golf game for the better by focusing on the following five areas: flexibility, strength, endurance, nutrition, and mental toughness.

Flexibility:

Have you ever rushed to the golf course, quickly stepped up to the tee and felt stiff when you swung your golf club? Warming up your muscles can help relieve stiffness, but it is better to be more proactive in your approach. Therefore, it is essential to stretch on a regular basis. This allows you to increase and maintain your flexibility. You only need a small investment of your time in order to see significant gains in your range of motion.

Strength:

Have you incorporated strength training into your exercise routine? Many golfers are tempted to swing as hard as possible when hitting the golf ball. There are several adverse side effects of doing this. Your muscles may not be

physically prepared for the intense strain and you may become injured. Increasing strength will enable your body to tackle the demands of the golf swing and prepare it for the action ahead.

Endurance:

Do you lose your intensity or feel tired after a few holes? If so, then focus on your endurance. At first glance, golf may not appear to be a game in which aerobic fitness is necessary. However, golfers that walk the course can walk nearly five miles over the course of 18 holes. Try to work in 20-45 minutes, 3-5 days per week of cardiovascular activity.

Nutrition:

Your body needs the proper fuel to work efficiently. Common sense dictates that loading up on junk food is a bad idea. So what exactly should you eat? An optimal sports nutrition menu plan will include high quality carbohydrates, lean protein, fruits, vegetables, and plenty of water.

Mental Toughness:

Are you still thinking about the drive you sliced on the first hole as you set up to tee off at the second hole? This negative thought pattern will adversely affect your game. How you perceive the situation affects each shot. One way to increase your mental toughness is not to relive missed shots. Visualize a good shot to help erase the missed shot from your mind.

Take these five facts into account and you'll likely see better results with your game. It will take some time to make these activities a habit, but will be well

worth the effort.

#16. Benefits Of A Golf Fitness Stretch Trainer

Hardly any professional worth his name today will dare approach their game without a golf fitness stretch trainer of sorts. The game of golf has changed tremendously in recent times.

No longer is it viewed as the leisure sport of old. Golf is now recognized as an athletic sport where performance depends a lot on your fitness level. Thus the wide introductions of golf fitness stretch trainers and training.

Stretch training plays an important role in improving the flexibility of a golfer and therefore the quality of the swing both in terms of controlled direction and much more power and distance.

A stretch training program from a qualified golf fitness stretch trainer will also help in increasing strength in the golf-specific muscles of the golfer.

A golf fitness stretch trainer also helps a professional golfer to recognize the correct warm-up exercises to carry out before any session on the course. This not only improves performance greatly, but it also reduces on the risk of injury.

Golf related injuries can be quite frustrating to a golfer especially when that golfer continues to ignore the possible benefits in quick and permanent recovery that are possible with the help of a golf fitness stretch trainer.

There is one compelling factor about golf that makes the work of a golf fitness stretch trainer so important. In other sports, it is possible to increase fitness level and muscle strength by simply playing the game itself as much as possible. Sadly this is not the case with golf.

One of the reasons is that the most common and strenuous activity in the game, the golf swing, usually lasts barely a second.

This means that the only way to improve golf fitness and the strength of muscles is by exercising away from the course and generally making use of the services of a golf fitness stretch trainer.

#17 I'm In Big Trouble

I have chosen four of what I feel are the most common trouble shots you may encounter at The Bridges Golf Club. And "Taking the Challenge" at the Bridges involves being prepared for trouble shots. It would be naive of me to think otherwise. Remember, every course has a little different layout and terrain so practice accordingly.

Welcome these difficult situations as a test of your intellect. These shots just take a bit more creativity than others. Besides, if we hit every shot in the fairway and then on the green, we would have nothing to talk about over a beverage after the round.

Trouble shots might be the hot topic of conversation after the round but are less popular at the practice range. There are several reasons why we don't practice trouble shots. First of all, we never expect to have to play a trouble shot. And there are not many practice areas set up to work on these types of shots.

Besides, trouble shots are not the most glamorous shots to practice. Imagine yourself hitting a large basket of practice balls from high rough or under a tree. The way to practice trouble shots is with one golf ball and the competition of others. It's the difference between practicing for five minutes or two hours.

Here are four common trouble shots. With a little guidance and practice you could save yourself a few strokes and a lot of frustration.

The Plugged Bunker Shot:

This is a fairly easy shot to get out of the bunker, but difficult to get close to the hole. Understand: Because the ball is in a hole it will come out fairly low and with very little spin. Little spin will cause the ball to roll when it lands on the green.

Keys: Close the face of your sand or lob wedge. Next, close it even more. Did I mention, close the face? Finally, strike the sand fairly close to the ball. Make sure you get the sand out of the bunker.

The Backhanded Shot:

In this situation, you cannot take your stance because a tree, bush, or severe slope is in your way. This shot is necessary when your only option is to stand on the opposite side of the ball.

Understand: This is a difficult shot to hit more than 30 yards. So we are just going to take our medicine on this one.

Keys: Flip your seven iron around, stand very close to the ball with your back to your target. You are going to use your dominant hand to hit the shot. Take lots of practice swings, and avoid your ankle! Trust me, this is much easier than trying to hit it left-handed.

Downhill Chip Shot:

Several of the greens at The Bridges are set into the hillside, testing your ability to chip down to the putting surface.

Understand: Don't try to hit this shot high. The slope of the ground has already determined that this shot must be hit low.

Keys: The most important key is to make solid contact. You're going to use a basic chipping technique with one adjustment, angle your shoulders with the slope. This will help you swing with the slope. On a downhill chip, you will make a higher backswing and a lower follow through.

Ball in a Small Hole Next to the Green:

This is almost guaranteed to happen at least once a round. The ball is located just a couple feet off the surface of the green, but it has settled into a small depression, not much larger than the ball itself. This simple shot is very easy to chunk short or blade over the green.

Understand: Because the ball is sitting down in a depression it is very difficult to spin. This is the bad news and the good news. Because it will come out with topspin, it will be easier to predict the first bounce. No matter if the first bounce is in the rough or on the surface of the green I know it will not spin. The ball will

roll true, which makes the shot easy to execute with a putter!

Keys: Use your putter, it's the key. Place the ball slightly back in your stance, and treat the shot like a chip. You will contact the ball with a descending blow, the ball will pop over the long grass, and roll with topspin. Plan on hitting it close to the hole.

It is a good idea to be knowledgeable of the trouble shots you encounter the most, and practice them. You need to set up your practice to be entertaining. We cover a few trouble shots during the on-course instruction portion of our one-day golf schools at The Bridges Golf Club. It's a real kick to put yourself in a situation and see how many shots it takes to put the ball in the hole. No matter the situation or the results, make sure you keep it fun.

#18. Can A Golf Swing Video Change Your Game?

There are many golfers who have been exposed to many a golf swing video and yet there has been no effect on their game. At least not a positive one.

In fact for some their game has consistently gotten worse whenever they try to implement stuff that they learnt from a golf swing video somewhere. So the truth of the matter is that there are many golfers who do not believe that a golf swing video can have any sort of impact in a golfer's game or even its' quality.

There are several reasons for this. For instance there is no way a golfer can perform consistently or even hope to see their game gradually improving, without being physically fit or at least golf fit.

The truth of the matter is that the game has changed tremendously in recent times. For example the trend towards larger club heads and therefore heavier ones has put additional strain on the required physical strength and endurance that a typical golfer requires to perform at any level and not just the highest.

Is it any wonder that the golf swing video does not impact most games?

The fact is that the golf swing, for example is a very unnatural swing action to the body. In fact the more unnatural it is, the better effect and results a golfer will tend to have.

This is the reason why it is usually difficult for most golfers to implement the swing techniques they view frequently in golf swing videos. There really is only one effective solution to the problem and that is exercising and conditioning the golf muscles in the body to find the golf swing as natural as possible.

This can easily be achieved by enrolling in any golf-specific exercise program carried out by somebody who is qualified and knows what they are doing.

That's really the only way a golfer can fully benefit from the useful advice and techniques available in most golf swing videos.

#19. Can A Golfer Do Without Golf Fitness And Exercise

Just how important is golf fitness and exercise to a golfer today in the modern game? Can a good amateur or even professional golfer do without it and still maximize their potential?

Will they still be able to enjoy their game and see constant improvements or at least consistency in their quality of play?

Those golfers who ask these sorts of questions about golf fitness and exercise sometimes nostalgically cast their minds back to the so called good old days of the golf game when the game was strictly a leisure sport where one hardly needed to break into a sweat to thoroughly enjoy themselves on the course.

The modern golf game has changed dramatically and permanently. Although golf is still very much the leisure sport that has given pleasure to thousands over the years even with the golf fitness and exercise programs. If anything these golf fitness and exercise programs have given many more people a chance to master the game much faster and really get to enjoy it.

Assuming that a golfer would want to skip golf fitness and exercise they would find themselves faced with one major problem. Increasingly they would find themselves frustrated and would be faced with a situation where it would seem that the standard of their game is dropping.

Actually what would be happening is that the pressure of playing against golfers involved in golf fitness and exercise programs would be taking its' toll.

There are few things that are as infuriating and frustrating as seeing your opponent effortlessly run rings around you on the course just because they have taken golf fitness and exercise seriously and you have not.

In all likelihood the golfer who is determined to do without golf fitness and exercises, just like in the old days, would increasingly find themselves in a position where they enjoy their game less and less.

#20. Choosing A Golf Swing Training Aid

Golf swing training aid clubs are a great way to learn how to swing your golf club correctly and more powerfully. There are many different kinds of training aid clubs available on the market and many different professional golfers endorse them. What do you look for if you would like to try out a training aid?

1. What am I trying to learn? You want to purchase a training aid that addresses the problem that you have with your golf game or swing.

2. What is my budget? Expensive does not necessarily mean better. You can try used golf training aids at a used sports store or try a less expensive option of training aid.

The Medicus Dual Hinged 5-iron swing trainer is one training aid available. It helps you learn how the correct swing feels so that you can translate it to your other regular clubs. It will help you to learn the correct tempo, timing, and club head position so that you will hit the ball straighter and further than before. Using this kind of trainer gives you instant feedback, as you will know when you hit the ball if you are doing it correctly. The hinge on the 5-iron is adjustable so you can adjust it to your specifications or even put it into your golf bag to use before a golf game to remind you what the correct swing feels like.

The main thing to keep in mind is that a training aid will need to be used consistently to be effective. Using it one or two times will not give you instant results. Learning a better way to swing will take consistency and hard work from you.

#21. Choosing The Right Golf Balls

You've watched Tiger Woods and Phil Mickelson on television ? you know the brand of golf balls they use. And they're good, right? You should be able to use the same brand of golf balls and be good too, right? Wrong!

Maybe using the same type golf balls as the PGA golf pros will improve your game...and maybe it won't. You need to choose the golf ball that's right for your own game. Choosing the wrong kind of golf ball can be a bigger handicap to your game than starting at the 19th hole. Choosing the right kind of golf ball can have you feeling like a Tiger, even if you don't quite have his handicap.

Golf balls come in three styles: 2-piece, 3-piece, and high performance. 2-piece golf balls are designed for improving your distance, while 3-piece and high performance golf balls can typically help with accuracy.

The 2-piece golf balls are especially good if you're just starting out or if you've played just enough to know you really want to give this sport a try. They're also terrific for high handicap golfers who have been around a while. Hey, we can't all be pros! These are the most common type on the market and usually less expensive than 3-piece balls. Best of all, the large rubber core provides faster speed off the tee for those of you with a slow swing. In turn, that gives you greater distance.

It could happen that the first time you played, everyone was astounded at the way you slammed that little white ball with the power of a major league batter aiming for a grand slam. But that's doubtful. Distance is usually developed over time as you develop your swing and find the groove. When you are just beginning, chances are you need to improve your accuracy more than your distance. Once you've developed your accuracy, then is the time to choose a

golf ball and clubs that will help improve your distance.

If you haven't developed consistent accuracy ? that is, having the ball consistently land in the same "general" area each time ? then the 3-piece golf ball probably isn't right for you. It's just not as forgiving of miss-hits as the 2-piece golf ball. The same goes for high performance balls. They're pretty much designed for advanced golfers...and their price bears this out!

One factor to always be considered is cost. Simple, standard 2-piece golf balls usually come in 18-packs and are relatively inexpensive. The cost of golf balls may seem small in comparison to the overall cost of pursuing the sport but the inexperienced golfer can go through a lot of golf balls in a very short space of time!

The key, as with most golf equipment, is to choose the right kind of golf ball for your level of play. Consider your swing and your game, and then choose the ball that will help eliminate your weaknesses and build upon your strengths.

If you don't choose the right golf ball for your level of play, your golf round might just become what Mark Twain once called it: "...a pleasant walk, spoiled".

#22. Choosing The Right Golf Clubs

Planning on becoming the next Arnold Palmer? If so, the first thing you might consider is getting some new golf clubs. Choosing the right golf clubs can make the difference between spending your time on the fairways and greens and spending your time in the rough. Although famed golfer Ben Hogan once said, "The only thing a golfer needs is more daylight", for my money, having the right set of golf clubs runs this a close second.

First, I'll assume you aren't a pro. Otherwise, you probably wouldn't be here; you'd be out perfecting that already outstanding golf swing. For the amateur golfer, choosing the right golf clubs hinges on two factors - distance and accuracy - and, of these, accuracy is the more important. The ability to hit the ball half-way across town may sound great, but if you can't keep it on the fairway, out of the bunkers, and heading for the flag, then all the distance in the world isn't going to help your game. So, the starting point for all of us needs to be accuracy. Once the ball starts going just where we want it to go with reasonable consistency we can start working on building distance.

Of course, cost can be a big issue when choosing a new set of clubs, but since that's a personal conversation between you your wallet ? and maybe your spouse ? we won't cover it here. Don't forget though that you don't need to buy tailor-made golf clubs and that a good starting point may well be one of the many outlets for discount golf equipment. Another good starting point is to look at pre-owned golf clubs.

Begin by analyzing what's going to best fit your needs. The primary set of clubs in every golfer's bag is the irons, so that's what I'm going to concentrate on here. Irons have several characteristics to consider when you're choosing golf clubs.

The first thing to look at is the method of manufacture. Irons are normally made either by casting or forging. For the novice golfer cast irons are generally better because they have a bigger sweet spot on the club face. The sweet spot is the area on the club face that you want to contact the ball and, as a general rule, the larger the sweet spot the greater the room for error in your swing. In other words, with a large sweet spot you can miss hitting the ball directly on the center of the club face and still end up with a decent shot. Forged irons are better for more advanced golfers because they allow for better control of trajectory, allowing you to hit the ball at a desired angle to get the height necessary for the result you want.

The next thing to consider is the size of the head. As a novice golfer, you'll find a definite trade-off here. A bigger head equals a bigger sweet spot and more tolerance of miss-hits. However, at the same time, a bigger head is also a little harder to control. You'll probably want to start with a set of irons with medium-sized heads. They're easier to control than the oversized-heads, but they still have a bigger sweet spot than the traditional, smaller heads.

Bet you didn't know there were this many factors to choosing the right set of golf clubs! Well, I'm not quite done yet.

Another factor to think about when choosing golf clubs is what the head is made of - cast iron, stainless steel, or titanium. Titanium heads are best for novice golfers as this light material allows for a bigger head, without making the club too heavy. Bigger head equals bigger sweet spot! If the cost of titanium heads is beyond your wallet's reach, then consider cast iron rather than steel. They're durable and the harder material can help improve both accuracy and consistency.

Swing speed is also important in deciding upon the right golf clubs. Golfers with lower swing speeds can benefit from more flexible graphite shafts that are a bit longer and lighter. With a higher swing speed, it's more likely you want to focus on accuracy, so stiffer and heavier steel shafts can help you develop that accurate ball placement that gets your name on the leader board.

Obviously, there are many factors to consider when choosing the right golf clubs. But consider what the comedian Henny Youngman once said, "The other day I broke 70. That's a lot of clubs." Choosing the right golf clubs for your game and level of play can reduce both your handicap and the number of clubs you get the urge to break!

#23. Choosing The Right Shoes, Golf Shoes, Wedding Shoes And Other Footwear!

Wearing a comfortable pair of shoes is very important if you spend much time on your feet. Whether you're standing, walking or running, all of your weight falls directly onto the bottom of your feet. That's why the shoes you wear are critical to the long term comfort and health of your feet and ankles.

Whether you're wearing sandals, boots or running shoes it's crucial that your feet are supported and comfortable. Shoes with support and shock absorption will help reduce pounding on the rest of your body as you walk or run.

In prehistoric times skins or hides were probably tied around the foot for protection and warmth. The sandal, probably the earliest form of shoe, was worn in Egypt, Greece, and Rome; an early form of the boot was also known in Greece and Rome.

The characteristic shoe of the Middle Ages was the soft, clinging moccasin, which extended to the ankle. It was highly decorated and was of velvet, cloth of gold, and, increasingly, of leather. Today the choices of shoes are great?wonderful styles and comfort.

We've chosen from only the best suppliers of shoes. Whether you're looking for women's shoes, men's shoes or wedding shoes, you'll find absolutely any style your looking for on the internet. You can be confident that your personal choice of shoes will arrive quickly right to your door.

#24. Controlled Body Movement The Key Essential For Your Golf Game

Basic body movement is essential in any sport. Of course it is also essential for any type of physical activity we do.

As parents, we teach little children how to do the simplest of things. This includes how to move and how to control movements for precision and safety.

Basic body movement also means limiting movement to the essential movement for what you want to do. We control the desired movement. And, we prevent unwanted movement. We learn to keep our movements just firm enough to be coordinated. We also learn to allow just enough relaxation so the movements can flow through their proper range with the most comfort.

For many golfers, if you think about your hands doing something or even have much of your focus on your hands then, usually, you will do something incorrect with your hands.

Basic body movement, under control, is to be your main focus. When you become good at this part of your golf swing then can you try advanced hand movements. But, any of these hand movements should only be done in harmony with the dominant body and upper arm movements.

Even your arm movements need more focus in the early learning stages than any perceived hand movements. And, these arm movements should focus on movements generated in the upper arms which are as close to your body as possible.

A Special Lesson With A Good Golfer

A few years ago I did 2 golf lessons with a man who stood a little over 6 feet tall. He was having trouble spraying his hits with his mid-irons to his woods. I asked him to hit a ball with a wedge. He chose his 64 degree lob wedge and promptly hit a high, 95 yard hit.

What was he doing wanting a lesson from anyone? Answer: He had one wrong move that he wasn't aware he was doing.

I used my interpretation of Fred Couples' looping swing to guide him to the correct arm movement. When he tried my idea of Fred's swing Andy hit the ball higher and 15 yards farther.

He did not want to develop that move but he understood how to correct his error with the proper movement. He hit a lot of good golf balls afterwards and knew why he did so.

Andy's other problem involved chipping. He had a good hand movement in his chipping effort. He had no idea how to use that good movement with the movements of his body. As well, he had no idea of the importance of his body activity during his chipping.

A few minutes into the 2nd lesson he had learned how to time his hand movements with his body movements. He also learned where his hands should be in relation to his spine as he did the hand movements that he wanted.

His chipping improved dramatically within the lesson. His confidence was as high as possible that he could land a golf ball where he wanted. And, all it took was understanding how his arms and hands were to move in harmony with his body and also in relationship to his body position.

How I Developed My Understanding Of Basic Body Movement

I taught physical education from Grades 1 to 9. In one short span of time I could see the development of movement in all stages of growth. I could also see the physical and mental effort carried out by these children as they learned the skills and the games which I taught.

I used to teach the various Grades a level of a game which they could handle. I taught positional play in slow motion and then introduced body movements which enabled the students to move fluently up and down the playing surface. They quickly learned this and asked for more. That is when I taught the various skills. The game was taught first; and then came the skills.

In golf, there are a number of games played during a round.

- We try to get a better score than someone else.**
- We try to get a personal best score during a round.**
- We try to play against the golf course to get a par round or better.**
- We try to get a better score than par on each hole.**

BUT, usually forgotten is the game of playing each golf shot as good as we possibly can. It is this last "game" which I teach in my golf lessons.

The free articles combined with the instruction modules will teach you how to win "the game" of playing each hit during your round of golf.

Relating this to teaching golf swing skills I emphasize basic posture, alignment, control, and body movement. Arm and hand activity do not get taught until my students learn basic movements. Because of this, beginners and students who had never hit the ball in the air soon hit draws with even their short irons when they hit the ball over a fence.

You, The Ground, And The Golf Ball

We stand on the ground. The golf ball rests on the ground (er, usually). Before we try to dislodge that golf ball from its place on the ground we should learn a good method of relating what we do from our "perch" on the ground.

Between our connection to the ground and the ball's position on the ground we have a lot of body mass and joints along with that "stick" thing. We need movement to make the golf ball move. Therefore, we swing back and forth to make the golf club move the ball. But, those joints want to do all sorts of contortions during our golf swing efforts.

We need to develop an understanding of how to move at the fewest possible joints and how to control or prevent movements of the rest of our joints. This is basic to anything we do. It is very important to this "confusing" skill called the golf swing.

#25. Correcting A Golf Slice

Slicing the ball is a common problem among golfers. A slice is when the ball travels from one direction to the other [depending on the left or right-handedness of the golfer], generally not in the direction you want it to go. This contrariness of the ball not to go straight toward the hole is the bane of the

golfing world.

Correcting a golf slice is not difficult, but may require plenty of practice, patience and more practice.

There are three ways to correct a slice. Hire a golf instructor, purchase some DIY books and/or grab a golfing buddy to follow you around the fairways and tell you what you're doing wrong.

In the meantime, practice these simple guidelines in the backyard or out on the course.

- 1. Line your feet up correctly - square yourself up with your feet approximately shoulder width apart and the golf ball about half way between them**
- 2. Point your leading shoulder in the direction of the hole. Wherever your shoulder points is where the ball will go**
- 3. Keep your swing even and relaxed, knees slightly bent. Don't try to hit the golf ball too hard, jab at it or over-correct**
- 4. Head should be down and eyes fixed on the ball. Don't look to see where the ball is going, your aim should already be lined up with your body positioning. Lifting your head will destroy your aim**
- 5. Always remember to follow through. When the ball is hit and the club is over your head, then you can look up**

Afterward, don't forget to shout your golf buddy some liquid refreshment at the clubhouse. Important tips can be traded and your golf slice discussed with all the minutiae a relaxing cold drink allows.

#26. Creating A Golf Fitness Program

For the average golfer embarking on a total golf fitness program may sound a little overwhelming. Fitting the program into your schedule on a regular basis may seem like something for which you simply don't have the time. However, it's not as hard to accomplish as you may be thinking. The benefits will apply not only to better golf, but to increased fitness and stamina in other areas of your life as well. The time spent can be a great investment in yourself both on and off the course.

The major components of a well designed golf conditioning program include: strength training, flexibility training, cardiovascular conditioning, posture and balance training, nutrition and diet, and injury prevention techniques for golf. The benefits of a golf specific program are well documented. It's a fact that a stronger, more flexible body plays better golf. Golfers have significantly improved driving distance, lowered handicaps, and reduced injuries.

The first step to beginning a well planned golf program is to adequately assess your current situation. This evaluation should include:

*** Strength and flexibility evaluation:** This will help to determine which of your muscle groups are flexible, which are inflexible, and which muscle groups are strong and which are weak.

*** Posture and balance evaluation will help to identify in what positions you have good balance as well as positions where posture and balance need improvement.**

*** Cardiovascular evaluation will determine your current level of endurance and stamina.**

*** Nutrition and diet should be evaluated to accommodate targeted changes in body fat and weight as well as to ensure healthy food choices for adequate nutrition.**

*** Injury prevention techniques for golf should also be assessed to help improve preventative measures going forward.**

Once the assessment has been completed and weak areas have been identified, it becomes much easier to begin to target those areas with specific training methods to improve your level of performance. Evaluating and taking corrective steps to improve your body's condition will improve your scores on the course.

#27. Discover How Golf Schools Can Help You Play Better

Services offered by Golf Schools need to be analyzed before joining it. A number of schools have mushroomed all around and every school claims that their school is the best. In view of such claims, it becomes difficult for the individuals to take a decision.

The objective of joining a Golf school is to learn the golf and become a good player if not a great player.

Swing is most important for every golfer. A more powerful, consistent golf swing is attainable for every golfer. The learner must know how to get more distance with all club sand increase accuracy at the same time.

Swing Technology helps in learning the golf swing and other aspects of the sport.

Services Offered

The learner should always focus on the services offered by Golf Schools and not on their tall claims like "We have won Maximum number of Teacher of the Year award" or we have nationwide training schools etc. One should see and if possible take the opinion of somebody, who has already taken training from that school. Some salient features that must be part of the services offered by golf school, while deciding the training school.

1. The class size should range between 4 to 16 students and the teacher ratio should not be more than 4-1. However, 2-1 would be ideal, if possible.

2. The coach must be an ace golfer and should have excellent communication skills to make the learner understand the game and feel comfortable and secure.

3. The skills and the requirements must be clearly understood by the coach and he should be able to tailor it according to the needs of the individual. The groups of students must be made according to the abilities.

4. Apart from a good coach the institute must also have other facilities like:

A. Latest Video Analysis Equipments,

B. Launch Monitor Technology,

C. Swing Learning Aids,

D. Should be able to scientifically measure a golfer's current swing and pinpoint his or her weaknesses,

E. Help develop a plan for measurable improvement.

F. The staff should know the game and should be able to teach; so all golfers get all benefits where it really needs - on the golf course.

G. Last but not the least, the price. The cost of learning must be justifiable.

Thus, one should analyze the Services offered by Golf-Schools taking the points mentioned above into consideration, before deciding on the Golf School.

#28. Do You Dream Of A Golf Swing With Power

If you are one of those golfers whose idea of a golf swing with power is by making every effort to try and hit the ball as hard as possible, you are guilty of one of the most common mistakes made by poor golfers.

Trying to hit the ball as hard as you can will rarely give you golf swing power or the desired long drive. More often than not, you will note that the ball ends up going disappointingly close rather than further. In fact persistent efforts to hit the golf ball as hard as you can, will most likely end up giving you golfers' elbow as you strain your unprepared muscles to achieve the desire of your heart.

There are two main reasons why this approach does not work in helping you achieve golf swing power. Firstly golf clubs have all been cleverly and specially designed to fulfill various tasks. And within those clubs, there are several that will help you gain various degrees of golf swing powered long drives.

This is the reason why use of physics in this situation (that is the right technique so that you hit the ball at the right angle and in the correct way to gain your long drive) works much better than brute force.

Secondly there is an amount of strength and power that needs to be applied. This can only come from muscles that have been strengthened and conditioned to achieve consistent golf swing power.

The real secret behind effective golf swing power is golf-specific exercises that help you to use your spine correctly as an axis to promote consistency in your drives and to keep you focused on the correct swing play.

Only this can give you true golf swing power and much longer drives on the course.

#29. Do You Fear Golf Weight Training Programs

In a sport that hardly has any controversies; few issues have come as close to being controversial as golf weight training programs have. More so with amateur and non-professional golfers.

And yet if you really examine the facts, golf weight training programs need not be controversial at all.

Although professionals have now fully embraced the benefit of golf weight training programs, amongst the other golfers golf weight training programs are still looked on with a lot of fear and apprehension. These fears are of course mainly based on ignorance rather than enough solid facts and knowledge.

One of the greatest fears is that some of the golf weight training programs designed to build strength are too strenuous. Others fear that they will develop great big muscles that will make them stiff and yet flexibility is an important attribute for any golfer.

These fears are of course completely unjustified. Most golf weight training programs have been successfully completed by golfers who are as old as 80 years old.

Junior golfers barely in their teens have also graduated from the same programs without any problem. Not to mention lady golfers some of who are senior citizens.

Then it is significant to note that golf weight training programs are designed to increase strength and not to body build or build great huge muscles. The use of dumbbells is different for the two different objectives. For example lighter weights are used and they are lifted more times than the case would be for a

bodybuilder dealing in much heavier weights.

Many good golf weight training programs involving dumbbells will also include certain stretch exercises using them. Stretch exercises are very good in improving golf swings.

When you take a closer look, golf weight training programs are really not be feared. Rather they should be embraced as they have helped many golfers revolutionize their games.

There is no doubt that the importance of golf weight training programs will continue to rise in the years to come.

#30. Finish Your Round Of Golf With Birdies

All the major tournaments, especially the U.S. Open and the PGA, are a true test of endurance. They are usually located in a part of the country where it is hot, humid and muggy. A real physical and mental drain on any golfer.

Look who has been winning the Majors in the last couple of years: Phil Mickelson, Tiger Woods and Vijay Singh. They have incredible endurance. It doesn't come by accident. They work at it.

Endurance is a word that is commonly associated with athletes such as marathon runners, tri-athletes, swimmers, and cyclists.

Granted, the majority of amateurs use a cart to play. This takes the walking part of the game out of the equation. But when most golfers break down, it has more to do with the endurance of the swing muscles than the walking part.

Think of endurance as the ability to perform the same activity over and over for an extended amount of time at max effort and peak performance. Relating this definition to, say, a marathon runner becomes pretty easy. A marathon runner, for example, has to have the cardiovascular (blood and oxygen) endurance to run 26 miles at a steady pace. In addition to having the cardiovascular endurance to run 26 miles, a marathoner needs to also have the endurance in their muscular system to again run 26 miles. If they do not, the body begins to "give up" and this is seen in the form of cramping, muscles not responding, and the body "hitting the wall" as many marathoners call it.

Endurance as it applies to the golf swing and the ability to perform the swing correctly is different than the intensity of running a marathon. But the underlying theme when it comes to endurance is the same. Swinging a golf club is a repetitive, explosive movement performed by the body. The muscles are active from address, back swing, transition, contact, and follow through in the same motor pattern every time you swing a club (or at least they should be; for some of us amateurs the swing path changes from time to time, but that is a subject for another article). Anyways, to perform the golf swing efficiently and effectively for an extended period of time (like 4 rounds of tournament golf) the muscles involved in the golf swing are required to have a certain level of endurance developed within them to sustain the swing.

Do you have enough gas in the tank?

It is essentially having enough "gas in your tank" to swing a club a given number of times. Now I referred to a four-day tournament, which is the average number of days a PGA tour event lasts, but when it comes to endurance and golf swing the number of swings in a tournament is only the beginning. Remember the definition of endurance is the ability of the body to perform a certain

movement over and over for a given period of time. In relation to the golf swing and endurance we must also include a time frame. Let us first begin with looking at a typical four-day tournament. At the very least, we need enough endurance in the muscles that swing a club to hit all the shots from tee to green in 72 holes of golf. On top of just the tournament play you must add the additional practice time before or after the round. This could comprise anywhere from 2-3 hours of additional time swinging a club. Now, at this point we are just talking about a single tournament for a tour player.

Let us expand this time period to 7 days. A 7-day time frame for a tour player would consist of a 4-day tournament (Thursday through Sunday) in addition to 3 additional days in the week. Realize that those three other days during week are not "rest" days, but rather filled with work. First off, you have Wednesday, which, at most tournaments, is when the Pro-am is scheduled. If you are unaware of what a Pro-am is on tour, it is a round of golf usually held on Wednesday where each pro in the upcoming tournament is paired with three amateurs for a round of golf. So we can chalk this up to another round of golf. This again would comprise all the golf swing made during the round and any practice before and after.

We are up to Wednesday through Sunday of a tour week. Now what about Monday and Tuesday of a tour week? I would guess that it would be safe to say that probably most players take Monday off, not always, but most of the time. Tuesday is a whole different story. Tuesday is a practice day where a pro could spend 4 to 6 hours at the range, putting and chipping. The number of swings taken on Tuesday can be huge!

So there you have it, a full week on tour with an idea of the number of swings taken by a tour player over a 7-day time frame. Now take this number of swings and multiply it out over an entire season where an average player will participate in 25 tournaments. The numbers get really big looking at it from this perspective. I imagine at this point the connection between endurance and the golf swing has been made. It essentially comes down to this: to swing the club effectively on the correct path over an extended period of time, you need to

develop endurance in your muscular system specific to golf. The next question to present is how do you do that?

Developing Endurance Specific to the Golf Swing

So how do you develop endurance in the muscles that are used in the golf swing? You can not really do it by running or doing the Stair Master at your local health club. The reason why? These types of exercises are great for developing cardiovascular endurance and developing some musculature endurance in the legs, but they do not "work" all the muscles involved in the golf swing. And they certainly do not create endurance in these muscles in relation to how they are used to swing a club.

The methodology that is required to develop endurance in the golf swing requires you to perform what I call "cross specificity" exercises specific to the movements and positions in which the body placed during the swing. The result of this type of training is what we term a "transfer-of-training effect." A transfer-of-training effect is where the exercises performed in your training program improve the performances on the field of competition. Field of competition, when it comes to golf, pertains to the golf course and your swing. So invariably we need to develop what I term "golf endurance" through exercises that are cross specific to the golf swing with the outcome of a transfer-of-training effect to golf swing.

#31. Focus Your Focus - How To Ward Off Distraction During Your Golf Swing

There is a great possibility to lose your mind when playing golf simply due to the constant shifting of focus. I think the brain doesn't like to change focus. It wants to stay in one place until the job is done, but in golf, we think about the present; the stance, and we think about the future; the shot.

The mind wants stimulation, and the stance simply doesn't fill the bill. The shot on the other hand has hope and excitement, wondering whether the ball will go where you want it to, where it will land, and what you will need to do next.

When you set up and look downrange, your mind almost instantly locks on to the shot thoughts....and abandons the task at hand of taking the backswing and making the transition.

If you think about your daily life it works the same. It's much easier to let your mind wonder off to the next vacation than to keep working on the mundane task of work. At times like that, you must call your brain back to work and get back to whatever task you're doing.

To get the results of a golf swing, you have to do the same thing. Usually, just before you take the backswing, you take one more look downrange. This is the mind's last opportunity to escape, and it often does. If you can keep the mind interested in the swing, it wouldn't go running off to the future all of the time, but how?

This is one reason I stress visualization during the swing process. If you have a movie of the impending swing in your mind, the brain will want to hang around and see if the body followed instructions.....(it's a power thing, the brain wants to be in charge and it thinks the body wants to take over.)

But sometimes a good picture isn't enough. You need to remind your brain to get back to the task at hand. I do this with a trigger. I want something visual that will tell my mind, "hey, get back to the swing!" Mine is a little complicated to describe but it's simple as a picture. When I take my backswing, as I am feeling the weight building up under my back foot, I want to feel my shoulder touch my chin and I want to see that the line across my back is behind the ball.

Once I see that, I know I can start the transition.

All I have to do is to remind myself before the round that I won't start the transition until I see and feel what I have described. The picture I'm looking for, combined with the self instruction that it has to be there or I can't finish the swing, brings my focus back to the swing.

Do you want to make sure your focus is where it should be during your swing? Find a trigger picture that has to happen before you can make your transition. Then train yourself that you can't swing until it's right. Instead of concentrating on hitting the ball, concentrate on making sure everything is right before you pull the transition trigger....the rest of the swing will take care of itself.

When do you set the stage for the round of golf? On the way to the golf course. Think about your trigger, and decide that you will be patient no matter what situation rears its ugly head. After you do this for a while, your patience in the face of adversity will carry over to your daily life.

#32. Gaining The Correct Golf Swing Plane

The golf swing plane is the direction that your golf club travels during your swing. This is a very important key to playing golf correctly and well. Imagine a sheet of glass that extends from the ball to over your shoulders. A correct swing plane will run a path parallel to the glass. To see if you are swinging correctly, you need to establish if you have a correct swing plane. Here are some swing plane golf tips.

One of the easiest ways to analyze your swing plane is have someone film you. This will enable you to analyze your swing plane to make sure it is flattened.

Place a pencil across the television screen when analyzing to make sure you are parallel with the imaginary piece of glass from the ball to over your shoulders.

A swing trainer can also help you with your swing plane. It is a circular pipe device that is adjustable and custom built for each golfer. It is easy to use and it will help you to correct your swing plane with each swing.

A more high tech way to assist you in correcting your swing plane is a laser light that fits onto the end of the club handle. This light shows where the butt of the club is pointing to help you analyze your swing plane.

Don't try to force the club into the correct swing plane. It will take time and practice to develop the correct swing plane on a consistent basis. Try one of these tips to analyze your swing plane and practice to make it a sound and correct one!

#33. Get Moving And Save Strokes

Whether you walk the course or ride a cart, a round of golf can leave the aerobically unfit golfer dragging by the late holes. Aerobic training improves lung capacity, circulation, and muscular endurance and leads to better performance and better overall health. The benefits of being aerobically fit aren't limited to physical performance; studies have shown aerobic exercise to improve resistance to mental stress (a major plus for the golfer). A dedicated aerobic training plan will help you save strokes by allowing you to maintain peak physical and mental performance throughout the round.

Aerobic conditioning should be performed three to six days per week for at least 20 to 30 min at your target heart rate. Training at the proper intensity is

the key to aerobic training. During exercise we physically stress our body and it is our body's adaptation to that stress that makes us healthier. This is why a leisurely walk does not qualify for aerobic training; unless we push ourselves our training stimulus will not illicit a physiologic adaptation. Adaptations made by the heart and lungs in response to aerobic training allow them to work more efficiently by increasing their capacity to pump blood and utilize oxygen. This improved circulation and oxygenation allows the body to perform more work, at higher levels with less stress.

Determining Target Heart Rate

Method 1: Using a percentage of Maximal Attainable Heart Rate:

To determine your target heart rate you must first find your predicted Maximal Attainable Heart Rate also known as Heart Rate Max (HRM). To calculate the predicted (HRM) you subtract your age from 220. General guidelines for Target Heart Rate (THR) using this method are between 60 % HRM at the low end to 90 % HRM at the high end. Once you know your HRM simply multiple by .6 and .9 to find your target heart rate range.

For example for a 40 year old, subtract 40 from 220 to obtain your Heart Rate Max of 180 beats per minute. Then, by multiplying the HRM by the work rate (60%-90%) we know that this person should be exercising with a heart rate between 108 beats per minute to 160 beats per minute.

Method 2: Target heart rate as a percentage of Heart Rate Reserve (HRR)

Using this method is a bit more accurate as it takes into considerations ones normal resting heart rate. Heart rate reserve is the number of beats per minute between your normal resting heart rate and your maximal attainable heart rate.

To calculate target heart rate using this method we use what's known as the Karvonen formula.

Karvonen formula: Target heart rate (THR) = (exercise intensity x HRR) + Resting Heart Rate.

General guidelines for THR (target heart rate) using this method are 50 % HRR - 85 % HRR.

Take your pulse to determine your Resting Heart Rate. To find your heart rate reserve (HRR) subtract your resting heart rate from your Heart Rate Max. Multiply the HRR by .5 to find lower limit, and multiply by .85 to find upper limit. Then add the resting heart rate back to that number to find the final result.

For example let's look at a forty year old with a resting heart rate of 80 beats per minute. Subtract 40 from 220 to come up with a Heart Rate Max of 180. Next, subtract resting rate of 80 from HRM of 180 to get a Heart Rate Reserve of 100. Take the HRR of 100 and multiply by the exercise intensity (between 0.5 and 0.85) then add back the resting heart rate. This gives a target heart rate of between 130 beats per minute and 165 beats per minute.

Generally, current fitness level determines where in the target range we should be exercising. Monitor your heart rate during aerobic exercise. It may be necessary to gradually work your way up to the recommended duration and target heart rate. If you're new to aerobic training or haven't exercised in a long time start out slowly. Gradually increase the pace and duration of your aerobic workouts. Before you know it you will be working at the recommended intensity levels and reaping the full benefit of your aerobic training. Include activities you enjoy in your aerobic program. Activities such as bicycling, tennis, basketball, and swimming are every bit as effective as jogging or stair stepper machines, and they are often more fun. If you are looking to reduce body fat,

some studies suggest aerobic training first thing in the morning may stimulate an increase in fat burning throughout the entire day. Research has also shown that the general health benefits of aerobic training can be gained if you break your daily sessions into two or more shorter bouts. Regardless of when you do it, aerobic exercise will get you looking, feeling, and playing better

Remember these are general guidelines; a qualified healthcare or fitness professional may be able to give you a more specific aerobic training prescription. It is recommended to consult your physician before starting an exercise program if you are a male 45 or older or a female 55 or older, have experienced chest pain, dizziness, rapid heart beat, shortness of breath, or have been diagnosed with cardiac, pulmonary or metabolic disease.

#34. Getting Your Hands Through The Ball At Impact

Have you ever thought about what your hands and forearms are actually doing at the moment of impact? If not, please give this a try because it's one of the most important parts of the swing. The Simple Golf Swing explains this move, and others, in much more detail.

Try to get into the impact position, like you are about to make solid contact with the ball. Now flip your trailing wrist like you were casting a fishing pole. This is referred to as a wrist break, and it's not a move that you want to make in golf. So if you are trying to "flip" your hands through the ball at impact, this tip may help you understand the correct way to make this happen.

If you put a wrist watch on you'll be able to visualize the correct moves to make. As your leading arm approaches impact the watch face should be getting close to pointing exactly down the target line, or to the flag. Now simply ROTATE the watch face so it's pointed at the ground. With a club in your hands, you'll see

that this move makes your trailing wrist and forearm "flip" on top of your leading wrist and forearm.

You also see that this will help to "close" the face of your club nicely, that will both reduce your slice, and add distance. This is the correct move to be completing through impact.

It's important to note that your forearms should be working together as well. Try to keep your forearms as close to each other as possible through the impact zone. If you can master this move, you'll find increased distance and it will also do wonders for your slice.

#35. Golf And Life, A Story About Your Future Success

Preparing to tee-off on the par 4 tenth. (Internal dialogue, with a whisper)
"Man! I've been playing my ass off all day and just barely making par." You swing, catch a nice one, slightly off center, but very long. Unfortunately, you get a terrible bounce; the ball shoots to the left and nestles down in the spaghetti of the deep Bermuda. (Internal dialogue) "I should have a 100 yard pitch shot to the green, instead it's gonna take every thing I have just to get it there." You hit a world-class, Tiger Woods like shot out of the rough. The ball looks beautiful in the air and it's just about pin high. You yell, "Bite!" The ball nearly hits the stick, bounces twice, but unfortunately releases off the green onto the back fringe.

Wow! Even after the bad bounce off the tee shot and the insanely good shot out of the rough you should have a gimme from about three feet. Instead you're gonna have to negotiate a 40-foot double-breaker just to try to nuzzle it up close. You take a deep breathe hit a nice smooth putt and watch for what seems like 1 minute and a half as the ball tracks toward the hole. (Internal Dialogue)
"Man! That thing is tracking pretty well and with good speed. If this thing goes

in, I'm gonna love myself so much." A very humble "Go in" leaves you lips, just loud enough for the rest of the group to hear. The ball rims the cup and spins out about four feet to the left. Aaaaugh!

(Internal dialogue?you summarize) "An amazing 300-yard tee-shot down the middle, takes a bad bounce and ends up in the rough. Then, a freakishly good shot out of the deep stuff almost hits the flagstick but releases some 40 feet pass the hole. To top it off, I hit possibly the best putt of my life. It tracks like a demon, but rims out heartbreakingly. And, the guys are not going to gimme this 4-footer either." You stand over you putt and confidently pound it into the back of the cup. Par's always good, but you feel you deserve better.

Whether or not you're an avid golfer you can relate to this story. We've all had times in our lives when we're trying so hard and executing very well, yet things are not going our way. Just hang in there. Soon, things will seem to magically go your way. You'll hit the "Zone" of life. You'll achieve more in just a few months than many achieve in a lifetime. The time will come very soon when your tee shots will have an extra 20 yards on them and straight. Your approach shots will consistently be pin-high, even in gusty wind. And, the hole seems to vacuum your ball on any putt hit even remotely close. It's coming baby! You're gonna fly like a birdie.

#36. Golf Clubs - Your Golf Putting - Use These Putting Practice Tips

To begin a golf game, your golf practice game or your golf putting practice; study the art of keeping your eye on the golf ball. It seems to be just natural to let your eyes follow the backswing. To correct this you might turn the golf ball until the brand is on top. Then just keep your eyes on that.

When putting, think of the golf swing as a pendulum and as you move through

this area, strike the golf ball with the sweet spot only.

How do you find the sweet spot? Hold your putter using the thumb and forefinger. You are dangling it now and letting it swing.

With the other forefinger tap the putter blade until the putter head rebounds straight back in perfect alignment. That is the sweet spot for this putter. Some players mark it.

To judge the distance of the backswing try this exercise. Use your right big toe as an anchor and take the putter back to your right big toe.

Now, being consistent with your speed accelerate the club head through the ball and watch how far the ball rolls. You might try this in both wet and dry conditions. This gives you the ability to gauge from there how long the backswing should be for the putt you are facing.

If your distance is shorter, adjust then, for how far inside the right big toe your swing should be. Adjust outside the toe for the longer putt. Get a feel for this and you will know how far to take the putter back.

Again, it is a feeling. Accelerate through the ball and make sure your follow through is longer than your backswing. Concentrate on feeling the putter accelerate through the short putts.

In summary; You are trying consciously to get a feel for the art in your golf game. You will succeed. It just takes practice.

#37. Golf Drills To Improve Your Game

Many people believe that simply getting out on the course and playing as often as they can is practicing their golf game. While playing often does help you improve, to really see improvement you need to perform golf drills that will target very specific components of your game so you can improve them. Just getting out on the course means you could just be "practicing" the same errors, drills focus on golf mechanics and will fix those errors.

Drills to strengthen your core come in handy when you need to improve your swing. One such drill is similar to push ups. Get in a push-up position on the floor and hold your body straight with just your hands and feet on the floor. Then, lift your right hand and left leg up and balance for 10-15 seconds. Repeat this move with your left hand and right foot. This drill increases strength and also works on your balance.

One of the simplest putting drills is simply to practice putting when you have an opportunity. At home, you can putt a few shots during each commercial break of your favorite show. At work, putt a few while the computer boots up in the morning, or when you're waiting for a report to run. Vary your shots so you're not putting from the same distance each time. Adding a few practice putts in each day can go a long way in improving your putting skills.

No matter which drill you are working on, think about how your body is working while you practice the drill. Would you do better if you have more strength in your lower back? Would increased flexibility help you perform better? This is when you can combine fitness into your drill practice. If your drills help you identify areas where you can strengthen your body, by all means incorporate some exercises into your fitness routine to combat those weaknesses.

Drills can hone in on particular problem areas and really help you focus on the steps to improve those areas. With a little extra effort, you're on your way to a great game of golf.

#38. Golf Driving Tip That Will Add Yards Quickly

A golf driving tip that can make the difference between being the shortest hitter in your foursome to the longest?consistently would interest you right? Well?the tip I'm going to discuss is not what you'd think, but you need to take notice and apply it?if you want to own your foursome off the tee!

When you think of a golf driving tip I'll bet you think of swing mechanics. Am I correct? If so, has it worked? I mean?have you added 10,20 or even 30 yards to your swing taking this approach?

If most of you are being honest you'll say no. For those of you who have accomplished the above with that approach?congratulations. You are a small percent of the golfing community that is successful.

So if a golf driving tip pertaining to swing mechanics isn't it?what else is left? Well?you're looking at it if you look in a mirror. It is your physical make-up. What your body is capable of doing at this moment.

All the swing thoughts and golfing tips in the world won't help if your body can't physical perform them. And no matter how hard you try?you won't be successful.

You see?your body needs to move with a certain level of flexibility (fluidity),

strength (power) and sequence (body awareness). Most of these qualities dissipate with age. Do you feel as flexible, strong or with great body awareness as you did years ago?

If your answer is no, then you need to take the 'physical approach' to hitting your drives longer (and straighter). The more you work on your current physical abilities the easier you will be able to make a sound and repeatable golf swing.

You will look back and wish you would have taken this approach years ago?but it's NEVER too late! You can improve your physical capabilities well into your 80's if you are willing to put a little bit of effort into it.

The areas you need to focus on are rotational strength and flexibility; posture and spinal strength; and hamstring/low back muscular endurance (flexibility).

Focus on these and you will see dramatic improvements in your driving distance and accuracy.

#39. Golf Driving Tips To Correct A Common Mistake

One of the most common mental errors golfers make when driving the ball is to try and hit it as hard as possible.

This article will deal with golf driving tips to help you correct this problem that is hampering many golfers and greatly hindering them from making any progress.

Our minds already have certain set beliefs. One of them is that the more force we use on an object the further it will travel. What makes this particular even more difficult to get rid of in our golf is that it is also true from a scientific point of view. Only that there are a number of special variables that make it untrue in golf.

The first of this golf driving tips variables is the design of the golf club. Each club is cleverly designed to send the golf ball over a certain distance. A valuable golf driving tip here is to trust the club to do the job it was designed to do.

Secondly and even more important there is the variable of your body. Trying to hit the ball as hard as possible will usually result in a tense and inefficient physical swing. And in most cases the results are the direct opposite of what you desire.

One of the chief reasons for this is that many golfers are not physically prepared and their muscles are flabby, tense and weak. The poor results are therefore inevitable.

A really valuable golf driving tip is to condition your muscles by getting involved in a golf conditioning program.

Fitter and stronger muscles will prepare you better for your golf drive and will enable you to be more relaxed as you hit the ball and you will therefore gain much more distance as a result.

These are the golf driving tips that have proved so effective in correcting this common mistake in golfers and showing remarkable results in improvements.

#40. Golf Elbow Or Tennis Elbow ? The Tell Tale Signs

Many athletes suffer from pain in their elbow that is generally attributed to repetitive stress. Golfers and tennis players are susceptible to conditions that are very similar to each other; they are called golf elbow and tennis elbow. Sometimes it may be a little hard to tell the difference between the two conditions. But there are signs that can distinguish between the two.

Due to the amount of time spent using their arms, many golf and tennis players, especially the pros, can suffer from one of these conditions, but the fact is anyone can get either of these conditions. Tennis elbow is caused by the overuse of the muscles that pulls your hand in a backward motion. When you overwork these muscles they begin to swell and become sore from being inflamed. Golf elbow is basically the same but affects the inside of your arm instead of the outside.

Tennis Elbow

If you notice that trying to pick something up or simply just moving your elbow is painful, then you may be suffering from tennis elbow. This condition affects the back side of your arm between your elbow and hand. This is why trying to pick something up is painful. If the outside of your elbow feels tender to the touch and you feel discomfort when picking up items with this hand, chances are good you have tennis elbow.

Golf Elbow

If moving your elbow or trying to lift something upwards causes pain that runs from the inside of your elbow to the inside of your wrist then, this is a good sign

you have golf elbow. This condition is seen more frequently because it affects the muscles on the inside of your arm which pulls the wrist in. Golfers elbow can also be associated with neck pain so you if you have not done anything to overwork your arm, the problem may be caused by a neck condition. An injury or a medical condition such as arthritis can also cause you to have this condition.

Knowing the signs will help you be able to distinguish between the two conditions. For both golf and tennis elbow, the treatment is generally R-I-C-E; rest, ice, compress and elevate along with taking some anti inflammatory medications. However, a proper diagnosis is always recommended from a medical professional.

#41. Golf Equipment ? The Most Expensive Is Not Always Correct For You

The essentials of golf begin with the clubs you choose. Shopping on the Internet will save you time and money but choosing can be difficult, as there seems to be endless options. From our work with different golfing web sites we have seen sales for golf clubs dramatically increase in the past two years but do people really know what they are buying? I think the answer to this is yes if you have been playing for a few years and no if you are a total beginner. Some people starting out in the golf world have more money than sense. At the start of every golfing year (generally in March) you see new members on the first tee with thousands of dollars worth of equipment beside them and the golfing skills of a squirrel.

Excuse the expression from above but you really need to go back to the basics when starting golf. Golfing is a skill that needs to be developed, by having clubs worth thousands will not help you any more than the person starting with second hand clubs worth fifty dollars, I had that told to me from more than one Irish professional during my time. All the major club manufacturers are selling

online at great prices, choose carefully and get well within your budget, the left over money can be well spent on other golf apparel.

What are the essentials to have?

Without being silly and mentioning the usual such as golf balls etc you should have the following:

Good waterproof golf shoes

Waterproof Jacket and Pants

Golf Cart (Manual or Battery)

Golf shoes are essential, and if they are not waterproof put them in the garbage. Your feet must be kept dry at all times. Golf is not always in great weather. If your feet are wet for a number of hours you will not feel comfortable and run the risk of catching a nasty cold or flu like symptoms. There are plenty of cheap golf shoes on the market along with cheap so called waterproof pants and jackets, but by spending carefully on the golf clubs allows you spend wisely on essential clothing.

Golf Carts:

Some people prefer still to carry their bags but most will purchase a golf cart. The carts can either be manual or battery operated. The manual speak for themselves and can be a folded away in the trunk of your car the battery are a little more complex and need some careful taught before purchasing. Battery

operated carts need maintenance and constant recharging. Check out the battery life expectancy before you buy. Some are like buying a car, they have a speedometer, mirrors and a light, do you really need all that?

Golf Balls:

Yes the ball will make a difference to distance and spin but don't be foolish, if you are a beginner you should expect to loose plenty so don't go mad buying the latest and greatest, you need to improve you overall accuracy and game in general. The more experienced golfer should pay more attention to the ball they are using, you could be losing valuable distance from the tee meaning the difference on your next shot from an eight iron or a comfortable pitching wedge.

Golf Tee:

Short and simple, if you are using oversized heads allow for a higher tee. Plastic tees do not break as easily as the wooden type.

Golf Glove:

I have seen many a good golfer never wear one but in hot weather it gives you added grip and in damp conditions it could be your only grip. Should not cost you an arm and a leg.

Putter:

I'm not one for getting into graphite shafts and other related metal when

purchasing a putter. I prefer something that I feel comfortable with, if that happens to be graphite and within my own budget, so be it. The putter today comes in all different shapes and sizes, from the standard height to the putter that tucks just under your chin. Beginners start with a basic putter and move on, basic meaning something that is not costing you an arm and a leg. Experienced golfers will have their own unique putter style they prefer.

Overall ? Internet golf shopping:

The prices will seldom be beaten if you purchase online, do not worry about quality as the products are the very same as what you will find in your local sports store. The variety is very large and tempting and delivery is to your door. Before you do go shopping online make a quick list of the essentials that you need.

#42. Golf Exercise Tip ? How To Warm Up

A useful golf exercise tip to take into consideration is the fact that warming up before your game of golf can dramatically help you improve the quality of your game.

The warm up session does not need to be something elaborate or strenuous. You can get creative and take a brisk walk from your car to the course.

The idea is to get your muscles warm before you even engage in stretch exercises prior to tee off. This is the sort of golf exercise tip that should not be ignored by any golfer.

Stretch exercises are very important to the golf swing tip. We have seen from various golfers who have taken on our exercise program. And yet stretch exercises will work out much better for you when you briefly warm up before embarking on them on the course.

The idea is to get your muscles warm and ready before doing your stretch routine in readiness for the game. You will prove this golf exercise tip because usually after completing your warm up and stretch exercises, you will feel much more comfortable when executing the golf swing.

The confidence alone will put you in a perfect frame of mind to make very few mistakes while consistently making those extra long drives.

Warming up may sound strange. Probably as strange as exercises sounded in golf in the first few years. But the fact of the matter is that golf has changed dramatically and virtually almost all pros are involved in serious golf specific exercise programs these days.

By implementing this extra golf exercise tip of warming up prior to your exercises or even game, you will see a tremendous improvement in your performance.

#43. Golf Fitness: The Quickest Way To Play Better Golf

Golf has always been viewed as a game of leisure. But today's golfer is leaner, stronger, and fitter. Until the last few years, golfers didn't know how to go about incorporating golf fitness, or specifically resistance training for golf.

They have had a vision of going into the local gym and being intimidated by the "muscle heads." It can also be overwhelming to decide what plan of action to take and if it will be worth the time and effort. I have listed some myths about strength training for golf and the truths about them as well.

"I will bulk up too much and that will hinder my golf swing."

Golf fitness (resistance training specific for golf) will not result in muscle gain that will alter your swing mechanics. To increase muscle size, involves lifting increasingly heavier weights with lower repetitions, increasing your calorie intake dramatically, and spending a couple of hours per day lifting weights.

A golf fitness program incorporates moderate weight, with medium (12-15) repetitions, and in a time frame of 30-45 minutes. This type of program is designed to improve your golf specific strength and endurance, not build muscle.

"I will lose flexibility if I lift weights."

In fact, the opposite is true! Weak muscles are also tight muscles. When you do resistance training, you are increasing blood flow, working through a functional range of motion specific to golf, and strengthening the tendons and ligaments in every joint of your body. In conjunction with a stretching program, strength training will improve flexibility, not hinder it.

"Weight training will cause me to lose feel."

By strengthening your muscles specific to golf, you will have better control of your body. A golf fitness program trains your body specifically for your golf

game. When you improve functional strength, you have more control and balance, which will improve your feel. Strength training involves body awareness, muscular control, and coordination. These are all key elements for enhanced golf.

So in summary, golf fitness can be done when you are in your early teens (with supervision), or into your late 80's. I have personally worked with people in there 70's and 80's who increased their strength 100%. This was partly due to the initial level of fitness being so low. My point is, that it is never too late to start. Search out a fitness professional or conditioning specialist to design a golf specific program and you will play better than you ever imagined!

#44. Golf For Beginners ? What Makes A Good Golfer?

A good golfer is a golfer who is happy with their own game and willing to listen to advice from experience. A good temperament is needed to play golf, expect bad days it happens everyone from low handicappers to full professionals. Having a hot head will only cause you more problems.

It can be daunting when starting as there is so much to remember but take time to practice and go to the driving range to help improve teeing off. Looking around the golf course you will see some players and think "Will I ever get to that level"? Remember everybody is different and we are not all made to be professionals, you should go out to do your best and bring in the best possible score and most of all, take home the enjoyment of the day.

Teeing Off:

How many times have we seen the big hitters hit the ball out of sight, if you are

thinking that way starting, think again. You should be thinking of placement and keeping the ball in play. Hitting the ball a long way is one thing, keeping it in play and well placed for the next shot is the way to think. The driver can be a difficult club to use off the tee when starting but practice will make it easier. If you are using the oversized drivers like most are remember to tee the ball up higher than normal to avoid knocking the ball down. If you find the 3 or 5 wood easier to hit then hit that until your game improves. On a par 4 or 5 many people hit a low iron from the tee. Whatever you are comfortable with, use.

A good swing:

In golf timing is everything. By swinging faster and harder you will not hit the ball any further, and most possibly will end up hitting a horrible shot anyway. A slow backswing and a good steady hit will make all the difference, rushing in golf gets you nowhere. Keep a steady head and do not raise it too quickly to see where the ball has gone, if you do you may find yourself going hard right if you are using right hand clubs and vice versa if using left handed clubs. Feet position is important; align your feet correctly to avoid an unwanted right to left or left to right shot.

Clubbing from the fairway:

If you find that you are looking from the fairway to the green you need to choose your next club carefully, under clubbing will leave you short and possibly in the bunker or water hazard, over clubbing will leave you long and possibly in similar danger. Overtime you will become aware of all the clubs in your bag and the distance you can hit each one comfortably. You find yourself between clubs, meaning the next shot for example is neither an 8 or 9 iron. In a case like this do not hit the 9 iron and try to force the shot, hit the 8 and go slightly down the shaft allowing you total control over the shot.

Good Golf Gear and Clubs:

Like in most cases it depends on the budget you have. Golf clubs can range from a couple of hundred dollars to thousands. Are you brand orientated? As a keen golfer myself and off a handicap of four I play most of my golf in Ireland and in the US and from my travels I have seen beginners in both countries spending obscene money starting. We all want the best but the clubs will not do the work for you. You are not going to notice exceptional back spin or side spin starting so start with a sensible budget and build from there. It's you who needs the practice to improve the overall play. Clubs worth \$3,000 dollars will not help you starting anymore than clubs worth \$400. If you have extra cash to spend put it into golf shoes or waterproof clothing or spend it on travelling to other golf courses to gain experience.

Reducing handicaps:

There is no magic stick here, practice is the only way to improve and by improving you will automatically reduce your handicap either by observation from the golfing committee you belong to or by winning a prize or two. Listen to others and learn, you need to have an open mind playing golf and be willing to try new shots, different stances and even new equipment as time goes by.

Like all you will reach your peak and the best you will get out of golf is the enjoyment of getting out but for the elite few that next level could be pro.

#45. Golf Fore Success

Golf has a crazy way of telling who we truly are as a person. Many people judge us by the way we play the game. Everyone has a favorite quote they live by, whether in business or in their personal lives. Here are five humorous golf

quotes that will get you thinking about what is really important in life as seen through the game of golf:

"Golf is the most fun you can have without taking your clothes off." --Chi Chi Rodriguez

Always have something to look forward to each day. It may something you ordered by mail and are anxiously awaiting its arrival or just relaxing on a quiet Friday night cooking for yourself with some soft music. Treat yourself often. Golf has a way of taking your mind away from the daily grind.

"Golf is a game in which you yell 'Fore', shoot six, and write down five."--Paul Harvey

Never cheat yourself out of anything. If you practice that, you will less likely cheat anybody or at anything. Remember, there is always an extra pair of eyes watching what we do and how we do it, especially in organizations.

"Golf is a hard game to figure. One day you'll go out and slice it and shank it, hit it in all the traps and miss every green. The next day you go out and for now reason at all you really stink."--Bob Hope

Don't take life so seriously. Get out of your own self's way and let things happen. There is a reason why things happen to us?just listen for the answer and don't over analyze it. Our success in is determined by which path we take in life-follow the one that has a heart.

"If you break 100, watch your golf. If you break 80, watch your business."--Joey Adams

Be sure to put balance in all aspects of your life. We realistically cannot be the best at everything. Concentrate on your strengths, not your weaknesses. Most successful men and women do just that. They delegate or hire their weak areas to others. It is the same for successful organizations-they concentrate on their strengths, not their weaknesses.

"If you think it's hard to meet new people, pick up the wrong ball."--Blake Lochrie

Show genuine interest in everyone you meet. Ask them about themselves instead of trying to impress them with your credentials. Remember, the top questions to ask anyone that will make a positive impression are: who, what, when, where, how, and why.

#46. Golf Health Foods

"A good diet can not make an average athlete great, but a poor diet can make a great athlete average."

-David Costill, Ball State University, Indiana

Golf is a lifetime sport that both men and women of all ages enjoy participating in. However, for the competitive golfer, it is a test of the athlete's physical and mental endurance. While equipment and physical fitness are important to the game, a balanced diet is often the most overlooked aspect that all serious golfers must consider.

DEFINING A BALANCED DIET

For golfers, a balanced diet begins with eating at least 50% of your total caloric intake from carbohydrates such as whole grains, breads, pastas, rice, fruits, vegetables, and low-fat dairy. Carbohydrates are the body's preferred energy source during activity. It fuels the brain and nervous system, preserves protein while helping to burn fat. Consuming carbohydrates during activity helps maintain blood glucose levels, allowing the golfer to have improved concentration.

Protein is another important macronutrient to incorporate into the balanced diet. Have 6 to 8 ounces of protein daily, and choose lean protein sources such as chicken, fish, round or loin cuts of beef, beans or legumes. Protein is needed for growth and repair of muscles, and helps regulate body processes as enzymes and hormones.

Fat is the final macronutrient in the balanced diet. Fat, like carbohydrate, provides fuel for working muscles, but it is a more concentrated fuel source. Recommended fat intake is the same for athletes as for all healthy people ? no more than 30% of your total calories coming from fat. This is approximately 4-5 servings of fat (based on 2000 calories). One serving of fat equals 1 teaspoon of oil or margarine, 6 nuts, or 2 teaspoons of peanut butter.

FILL UP ON FLUIDS

Hydration is an imperative component in the successful golfers game. Consuming adequate fluids before, during and after playing golf is beneficial. Even a slight decrease in bodyweight due to dehydration can affect your performance and result in fatigue & mental dullness. Consume approximately 8 oz of fluid before tee time. While golfing consume 4-8 oz of fluid every 15-20 minutes or at every hole. If celebrating with alcoholic beverages is planned at the 19th hole, alternate fluid (nonalcoholic) with alcoholic drinks. Alcohol acts as a diuretic and actually increases fluid loss, so it is not a good choice for the

replacement of fluids lost during the round of golf.

To help your performance try these nutrition tips as you eat for "peak performance!"

BEFORE THE MORNING ROUND

- **1 cup oatmeal**
- **1 banana or 1 cup orange juice**
- **1 cup skim milk or 1 cup nonfat yogurt**
- **2 slices whole-wheat toast**
- **2 teaspoons margarine**

AFTER THE 9TH HOLE

12 ounces Sports Drink

2 tablespoons peanut butter and crackers

or

1 piece of fruit

or

1 granola or cereal bar

POST GAME

Don't forget to re-hydrate as mentioned above!

- **3-4 ounces grilled chicken breast**
- **1 cup brown rice**
- **1 cup steamed broccoli**
- **1 cup mixed greens salad**
- **2 teaspoons low fat dressing**
- **1 cup fruit salad**

These are just a few tips to jump start proper fueling as an important and integral part of your training program. Each athlete is unique and has different training schedules, food preferences, lifestyle factors, and weight concerns.

#47. Golf Holiday - Plan Your Holiday Golf Or Your Ireland Golf Vacation

Try Ireland for a golf holiday full of emerald green magic!

Ireland is, without doubt, one of the world's friendliest countries. If you take a golf holiday in Ireland then you are certain to return home with memories to treasure for the rest of your golfing days.

The Irish landscape is full of history and steeped in legend - and it has a truly magical and mysterious quality that you simply don't find elsewhere in the world. Each little village will bewitch you with tales of its past - while entertaining you richly with its beers, whiskies and food. This is hospitality at its simplest and best. Your golf holiday in Ireland will be truly unique.

Holiday golf in Ireland lets you choose from some of the world's best links courses and the softest, lushest inland fairways and greens. No excuses then! This really is the place to make all your golf holiday dreams come true.

For many golf holiday visitors to Ireland or Scotland playing on an ancient seaside links course is a large part of the attraction. But links golf will test both your stamina and your golf game in a way entirely unlike anything you've previously experienced. Links courses rarely allow electronic golf buggies or golf carts. Walking is the rule. This is partly to protect the courses and partly because the terrain would make it impossible to drive a buggy safely. Some of the larger more prestigious courses may have caddies available and most will allow you to pull a simple club carrying golf cart or trolley.

Be prepared too, for what is often the most unique and challenging feature of golf on a seaside links course ? the wind! You should brace yourself (sometimes literally) for the fact that it is going to blow very hard and ? by some remarkably twisted freak of nature ? in such a way that it always seems to be in your face, no matter what direction you are headed in! No golf holiday in Ireland would be complete without almost being blown over as you line up that last tantalising three footer.

The fame of the golf links of Scotland ? just a hop over the waters of the Irish Sea ? has meant that the golf courses of Ireland remain relatively undiscovered. Ireland's golfers have been long-known and respected around the world but - for more than a hundred years - her golf courses have hidden quietly under the emerald green petticoats of their homeland. But not any longer! Names like Royal Portrush, Royal County Down, Portmarnock, Ballybunion, Mount Juliet, Druids Glen and The K Club are now reaching the lips of discerning players the world over. If you visit you will find that they are well worthy of the accolades they gather.

Treat yourself to the golf holiday of a lifetime - and may some of Ireland's magic rub off onto your putter!

#48. Golf! How To Power That Drive Away

Anyone who tells you, that he or she would not like to hit the golf ball further is either a liar, or Tiger Woods.

Drive for show and putt for dough maybe sound advice, but if you ask the average weekend golfer whether they would like to putt like Brad Faxon, or regularly belt the ball like Tiger, most would opt for Tiger's power off the tee.

It is this fascination with power in golf that prompts me to write this article, and provide a golf tip.

A couple of facts first, that were discovered two or three years ago, by the teaching profession in the USA. These were, that by using the golf swing, test robotic arm generating a clubhead speed of 100 mph, the golf ball, on average, would go around 265 yards.

However, if the clubface is opened by 2 degrees only, then the distance reached was only 225 yards, with the same clubhead speed. Again by opening up the face to 4 degrees, the distance covered was only 185 yards.

This shows that distance is not just about power, and clubhead speed, but also hitting the ball squarely with a nice golf swing. This may sound like common sense, however many golfers are trying to hit the ball with the incorrect golf swing.

So, what is the secret of achieving maximum power? My golf tip is this:-

Speed, can be increased, by setting the wrists into a cocked position early, and on the downswing keeping the wrists cocked for as late as possible, and then swishing through the ball. This is similar to flicking your wrists, when using a badminton, squash, or tennis racket.

Power, comes from having as full and flexible a body turn as possible, plus creating a wide arc. The powerful muscles of the legs will also help.

To generate maximum power, it is essential that the start of the downswing be calm and unhurried. This enables the golfer to build up speed, so that the golf club is still accelerating when it reaches the ball. Finally, ensure that the arms are fully extended through to a high finish.

A key point to note is that the hands control the position of the clubface, keeping it square at impact.

Golfers, who are inclined to hit at the ball with their hands rather than a nice

even tempo golf swing through the ball, find that they lose a lot of power, and hence distance.

Slow, smooth tempo wins every time.

#49. Golf Humor Examines Golf Emotions:- Are We Just A Bunch Of Cry Babies?

Let's examine an aspect of the game that I find particularly fascinating:- The strong emotions associated with this game of golf.

Before I started becoming a fan of this game, I always wondered how a game that looked so bland----and at times down right comatose-----that seemed to take boredom to a whole new level-----could possibly have Any emotional appeal.

DID THIS GAME ACTUALLY HAVE A PULSE?!

I mean-----what could be simpler? PUT THE BALL IN THE HOLE, RIGHT?

How could that POSSIBLY produce such strong emotions (both on the green and off).

I see now that it's NOT just about competing to be the best against others, and to better your own game.

But that the game APPEARS to be so deceptively simple. Could THAT be the source of this emotional rollercoaster?

Remember when you first began? How you may have experienced difficulty just gripping the club handle? (Or just being allowed to join the local golf club?) ;-]

But yet you still managed to "putt" the ball in the hole? (A typical case of beginner's luck). You probably thought to yourself, "This isn't so bad. Piece of caKE!"

But then, all the realities of what could possibly go wrong between the tee and the hole came crashing down on your head. (That your instructor was so gracious to point out to you).

Wind direction, contour of the land, sand traps, bunkers, the rough, other players mocking you,...

That temporary NIRVANA of IGNORANT BLISS that you lived in was shattered to pieces forever at the next hole. Now instead of 4 or 5 strokes, it takes 7 or 8 strokes. Then 8 or 9...

You begin to overthink everything. Something that once easily flowed...now becomes mechanical and forced. Your smile and upbeat attitude are gone. Now replaced with embarrassment. Nervousness. Irritability.

And finally,---the dreaded FRUSTRATION sets in. TO quit seems more and more like a good idea. (I mean who needs the aggravation?)

But you don't quit, right?The game is like an addictionto you after several weeks. There's something deep within the subconscious of we human beings that enjoys facingdown a challenge...even if it's a sport.

There's a drive to conquer in all of us. Even to the point ofconquering our own weaknesses and seeming lack of ability.

It's a tough battle sometimes. If you've ever seen a golferbreak his expensive titanium club over his knee, tie it ina knot, then toss it into the nearest water hazard,...Or screaming at the top of his lungs at a golf ball...Or trying to run his caddie over because he forgot toremove the flag in time...you know what I mean.

But the love still remains.

If you've ever seen a golfer drooling over a new bag of clubs in the sporting goods department of a department store...or have known yourself to pay the grounds keeper to let you play just four more holes after hours...Or remembered to bring your clubs on vacation, but left your wife standing in the drive way...you know what I mean!

The highs and lows of this game in the hearts and minds of golfers.

THIS is the emotional roller coaster I was referring to.

Going from one extreme to the next.

Can you see yourself living from day-to-day without this sport for any length of

time?

Just think about that for a second...

HMMmm?

Feels like a rather BLEAK outlook doesn't it? ;-] Hm?

This sport has been "knitted" to our souls. We practically live and breathe it now. And are always striving to become better. To knock just a few more strokes off.

Just keep punching, and that mountain's gonna fall!

We know that true skill is a "diamond in the rough", that can only be refined through hard work and practice.

Well...

Just keep drivin' fellow golfer! Keep drivin'!

#50. Golf Information Overload?

You've come home from work dead tired. You grab the mail on your way in and notice your new copy of your favorite golfing magazine is in the pile. It puts a

slight smile on your face as a picture of you on a couch with an adult beverage suddenly pops into your mind. After getting into your evening uniform (sweats and slippers) you make your way to your favorite reclining device with that drink and a snack in hand to make that vision on the couch a reality. You get all settled with the TV on for background and you finally enter the "Jell Zone" to enjoy that golf magazine and your well-deserved relaxation period.

You go straight to the table of contents to see what is the most interesting article and there it is, swing advice from the winner of the last major tournament. "This is just what I need," you say to yourself as you flip to the correct page knowing that your club tournament is 2 months away.

The article has one of those swing-sequence photo frames. It has some quotes from other pros. It has a sidebar from the "Top instructor of all time" with his ideas of the perfect swing. The second page of the article is dwarfed by an advertisement for the greatest swing gadget ever created by a human and endorsed by sixteen instruction schools in five countries. The author talks about how he "remade" his swing prior to winning that major but that his best buddy on tour is struggling using the same method and swing guru.

The captions on each of the swing-sequence photos point out the minute details of where parts of the body of the pro are at 10 different positions during the swing and which of those are "technically not correct".

You don't want to give up on the article, since you really do need the swing advice, so you go to your dressing room mirror and check a couple of your body parts with some of the pictures in the article while attempting to freeze your swing at the same points as the stop-action photos. "I got it!" you tell yourself when you match a couple of these positions and then practice them outside with your real club. You congratulate yourself and then sit back down in your easy chair to get back to the business of relaxing.

A little later in the evening, you flip to the Golf Channel and instead of the usual tournament from 1994 there is a lesson program from a pro instructor. Lo and behold, he teaches that the move you worked so hard on an hour ago was the prevailing instruction of the 1980's and has since been proven to be "unreliable in competition".

You jump out of your chair to go check your favorite golf sites about this guy on the show and it seems that he is everywhere when you do a search for him. A couple of articles you land on say he has the best golf instruction this side of the border and a couple more take pride in picking him apart. The instructor's own website is loaded with testimonials from his students on how well his program worked for them so you keep surfing for further info.

This leads you to golf discussion boards, blogs, ezines, and untold numbers of websites that say that they have the secret to how to swing correctly. 3 hours later, you wake up from your golf web-surfing trance, realize you missed your bedtime an hour ago, and are now more confused than you were when before you opened that magazine in the mail.

You found more advice than your mind can process on a weekend day let alone a day that you had 3 meetings, your best employee quit, and your boss said something like: "?if you can't (blah blah blah)?. we'll find someone who will".

Ok, that story was a bit exaggerated for most people (truth for me), but the point still stands:

There's just too much instruction and tips on golf out there and we just don't know what to do with it all!

And worse, you can find a lot of it that is exactly the opposite from one

instructor (or pro) to the other. Many of you are well aware of this fact but still get caught up in something seemingly new that gets printed or posted that could potentially be hazardous to your game. And it's not just us amateurs that get lost in this maze. Sports psychologists make a pretty penny on their touring professionals teaching them how to "Simplify" their swings and thought processes and "Focus" on what works for them.

So, what should we do about this problem? It's very simple: just realize that more is not better for golf instruction and to continue to read and listen to golf tips with a very discriminating eye. Over the years, I have now come to the realization that most published golf instruction is designed for the better player and that a tip that works for the 5-handicapper could be a waste of time for a 20-handicapper. Not that it isn't good advice, but the 20-hdcp should stop looking for more advice and start to work on something that will give him the greatest reduction in score for the time spent.

I know, I know, an article in a major magazine about "practicing good alignment" isn't going to sell many copies even if it is 90% of all amateur golfer's biggest problem. But the inescapable fact is, if you really wanted to get better at golf, you should read a basic instruction book like Ben Hogan's "5 lessons The Modern Fundamentals of Golf." And, only read one section at a time and work on what was taught in that section until it becomes a regular part of your game. And don't read any further until you don't have to think about it to do it correctly.

The other way to go is to pick an instructor or trainer and stick with them with a full set of lessons. You will need to actively ignore any other golf instruction that has the slightest hint of conflict with your lessons. If you run into something your instructor hasn't taught you about, check with him/her. That is why golf lessons are spaced at least a week apart. Spaced repetition has long been known to be how we humans best learn things. It's also why you can't remember a darn thing about a subject 2 weeks after cramming for test on it.

Do the same thing with any other golf instruction that you find also. Don't be tempted to jump ahead to Chapter 10 and see how to play a draw from a downhill slope because that ain't gonna help you. O.k., I'm sorry to ruin your fun with your favorite golf magazine. So go ahead and give yourself permission to read and enjoy it again so long as you promise to yourself that you will stick to your plan of really trying to improve by working what you've learned one item at a time. No cheating allowed!

#51. Tips on How to Lower your Golf Score

There is a way to lower your golf score, and the most efficient and quick way to do so is by putting. Although there are those golfers who put the blame on the putter thus the reason for their bad putt, it also helps if the grip of the putter is on a surface that is flat.

Shaft Length

It is advisable for the shaft to be at the appropriate length for the golfer to have a posture that allows the arms to hang down straight from the shoulders to ease the swing of the arm.

The head of the putter should as much as possible be heavy especially if the golfer plays on slow-greens. But if the golfer plays on fast-greens, the putter should be light.

Grip it good

When engaging in an actual play, the putter should be gripped in a way that is

comfortable to the golfer. The thumbs must be on a surface of the putter grip that is flat.

The face of the putter should be perpendicular to the line of the target. You would be able to know if the putter is correctly aimed if you look at the direction of the ball from behind. You can try this exercise: on your ball, make a distinguishing mark. Then, pick up the ball and replace the ball. Point the writing you made on the ball towards the line of the target.

After which, place the head of the putter behind the golf ball and put the head of the putter in a direction perpendicular to the mark put on the ball. By doing so, you were able to aim the face of the putter towards the line of the target.

Wasn't it easy? Now you can stand in a relaxed manner as you direct your eyes over the golf ball. Your shoulders should be in a position that is parallel to the line of the target. Notice that if your shoulders are correctly aimed, it is sure that the golf ball is on the correct path.

Distance and direction

A good golf putter must be able to have a sense of direction as well as distance.

If you have a sense of direction, chances are you will have a great putting set-up. As much as possible, try to use the method of the Triangle. This method makes use of your shoulders and both your right and left arms. These three parts must work together as a single component especially when the putter is moved back and moved forth with a pressure grip that is light. Doing so enables you a chance to sense the correct distance.

#52. Winning at Miniature Golf

Playing mini golf is not just for children. It is a game that can also be played by grownups which may be smaller than the ones in the real course. All the person needs to play is a golf club and a ball.

People who have never played the real game will easily get the hang of it by just watching how others swing and putt the ball into the hole.

Here are some tips when playing:

- 1. One should read the rules and regulations posted outside before playing the game. There are certain rules there, which are being implemented for the safety of the players and other people who frequent that place.**
- 2. There is a certain dress code when playing this game. It is advisable to wear some loose clothing which will make that person feel relaxed and a cap if the weather is hot.**
- 3. Whenever someone is taking a shot, one should not create any sounds or disrupt the player as a sign of courtesy to that person.**
- 4. Just like in real golf, people take turns when playing in one hole. Should that person do well in a certain hole, that person has the right to tee off again in the next hole.**

5. After one has putted, it is best to retrieve the ball away from where the person will putt since this is considered as impolite to the other player.

6. Lastly, play the game honestly.

Playing miniature golf with friends or family is just one of the many forms of relaxation people can do these days. It is a time for bonding and a great escape from the pressures of the city. If that person wants to get serious in this game, one can practice more often and join some miniature golf competitions and even win a prize. Such facilities can be found on the web or by checking the local directory.

Miniature golf facilities are not just for people who are normal but are also for people with disabilities. The law requires such places to make at least half the number of holes accessible to these individuals. Failure to do so will require the owners of the establishment to redesign the layout in compliance with the requirements of such recreational facilities.

This activity is very affordable and it doesn't really matter if one wins or loses. It is all about having fun which everyone can enjoy even if one is young or old and able or disabled.

#53. The Health Benefits of Golf

Believe it or not, golf is actually good for your health. Even the United States Golf Association thinks so; they also advise that you should walk the golf course and try to avoid – as much as possible – riding golf carts.

Although riding golf carts is the most convenient way to get yourself from one hole to the next, it will actually be good for your body if you walk your legs along the greens. Doing so pumps your heart, circulates the blood all over your body, and is a good and fun way of exercising.

David Fay from the United States Golf Association also thinks that the most pleasurable way to play golf is by walking. Riding carts, he said, should as much as possible be stopped now.

Walking is a good form of exercise. It is the most basic and easy program of getting fit which almost anyone could do. Simply put, walking is good for you.

Although some believe that walking the golf course is a very unhealthy thing to do because of the nature of the game – the start and stop process of golf playing. In actuality though, there have been scientific studies as well as evidence of people actually telling their personal experiences on the positive effects of walking through a game of golf.

In Sweden in particular, there are researchers who discovered that walking through a game of golf equals to about forty to seventy percent of intense workout in an aerobics class. This is assuming that about eighteen holes were played.

In another study by a cardiologist named Edward Palank, golfers who walked were found to be in a better state of health because the level of bad cholesterol in their body decreased. Meanwhile, the level of their good cholesterol was steady. Those golfers who settled to ride their way across the golf course on golf carts,, however, did not show these same positive health results.

Also, according to Golf Science International, four hours of golf playing was

found to be comparable to attending a forty five minute fitness class.

Another golf association, specifically the Northern Ohio Golf Association, stated that when a golfer walks across a course, it is roughly equivalent to walking for three to four miles. This included walking around hills, over greens and tees.

Not convinced yet? Maybe you should try doing the following activities and see, as well as feel, the difference for yourself.

During a round of golf, try to walk along alternating holes so that by the end of your round of golf you should be able to have walked through a total of nine holes.

If you are feeling not up to it yet as fully as you should, that is okay. Maybe you could try walking on a set of nines while you can ride the other set.

If you have a golf partner and he or she insists that you ride along with him or her, make sure that you only ride on the path of the cart. You can then walk down to the fairway towards your ball and then your partner could bring the golf cart up.

Are you convinced yet? If not, try to look at it this way. If your health is not good enough for you to settle to walk those legs and pump that good old heart of yours, then at least take pity and be considerate of the damage that golf carts do to fairways.

Believe it or not, golf carts do create damage around sand traps and around the greens. Even if carts are not supposed to ride along these areas, sometimes though, depending on who is behind the golf cart's wheel, they still at times do.

For the sake of the greens, go walk! Because of advances in technology, there are now grasses that are able to grow on areas that they originally are not supposed to grow on at all. As a result of this, golf courses look as amazing as they were before. Unfortunately, these same golf courses are as subject to a lot of wear and tear as well.

Driving a golf cart along these beautiful greens subjects them to unnecessary damage. So now that you know, it would not hurt you to consider walking along, across, over, or through those greens now would it?

#54. Know your course: Weather conditions

Sunny weather can be very conducive for most sports enthusiasts. The scorching heat of the sun can even boost ones stamina to do better in any game. However, ever knew of any game that can be played even when there's a rainstorm? Surely, not many people can enumerate any sport that can be executed even when its raining hard.

All sports, especially those played outdoors are affected by the changes in weather conditions. The first to be really impacted upon are the players who have to adjust physically, mentally, and emotionally -- factors which often dictate what could happen at the end of the game.

Playing golf entails proper training in order to hit the tee perfectly under a gloomy climate. Weather conditions, for example, since it affects the growth and texture of the grass, have a big impact on the leveled surface vital to a golfer's performance. This is usually called "throwing darts", it means that the ball and the shots are not high enough which results in lower points.

Remember that the conditioning of the green can influence the game of the golfers and the golf course operation. That is why the a change of strategy is helpful when playing golf during bad weather since golf is a game that is specifically dependent on the weather.

When there is low humidity and dryer soil, the greens are maintained more easily. That is why golfers often play during fall or spring. The favorable and consistent sunny skies and growth of the turf allows a considerable and reliable time for golfers to hold their tees.

The roughs can become heavier which makes it difficult for shots to recover when soaked in water. Water ends up between the ball and the clubface because of the fewer spins than a normal spin. Bad consequences are then more inevitable after an off-line shot. This is when a good golf playing strategy during wet weather is needed for it will be more considerable to have the ball always elevated off the grass as fast as possible. During these situations, footprints and marks of the ball are deeper and the sad part is that scores tend to be lower. When this happens, extra effort is needed for the player to end with better scores.

Points to remember when playing in a wet weather condition:

- Make it a point to keep the grips and the hands dry during a rainy day. The caddy can bring one towel for grip drying and another one to dry hands.**
- Ask someone to bring a cover for the golf bag. This will be a good idea since it will keep the grips of the tee dry.**
- A golfer will be comfortable and can sustain long hours of golf game if the equipment and he himself is dry.**
- Just be patient and the scores will be higher even during the wet weather**

condition.

· Strategize more, visualize the goal in mind prior to entering the game. This will prepare the player for any difficult situations he will need to face on wet and uneven fairways.

Golfers need to have the balls to land as close as possible to holes to lessen the amount of rolls of the balls on wet grass. Balls will have to be hit harder to prevent breakage and to halt sooner.

Even expert golfers can surmount the challenge of playing on soaked grass field at times when the weather does not permit any good sunlight to watch over them. Rule of thumb is that even if a golfer is faced with such a difficult task, he must keep in mind that his competitors are too. When golfers are wet, the playtime is longer for the ball can't roll smoothly and far which is a plus for those who drive the tee off longer.

Weather conditions might affect the environs of the game, but a skillful and prepared player won't have a hard time thinking of ways to ward off the weather's bad effects on one's game. Enough determination to play well and a little knowledge on how to outsmart the weather will make playing golf a cinch even when the day's weather is not that good.

#55. Know your course: Greens

Golfers are very picky of the golf course where they want play. They don't like playing in areas where the greens were just punched. That is why keepers of the greens implement a lot of methods to make sure expert care is given and golfers play golf without being annoyed.

There are a lot of problems that resemble a nightmare if no perfect trouble shooting tips are used. One aspect that is very important in keeping a good greens is the drainage. Although, this is often overlooked, it is a vital part in keeping the green especially during rainy seasons.

A real golf course will eat up from \$65,000 or more for just a single green. A base layer to maintain the shape is required for a green. The drainage should be made up of crushed stones, a layer of sand, PVC pipes, and at least 13 to 14 inches of cheaper sand with peat for the root zone layer. The sprinklers should be available including bunkers. A more expensive part, which is the sod, is needed also for the surrounding area.

The labor needed in providing maintenance for the green is not for golf course owners who do not like cutting the grass more than once a week. The hard part of the work is preventing turf grass problems and being vigilant on how to maintain it as it should be. Cutting of the grass should be made every two to three days or everyday if there are golfers who want to play on the green everyday. There is also other work that demands more time and cost such as aeration, fertilization, putting herbicides, top dressing, putting fungicides and/or pesticides. Below is a list of some methods and time frame needed in taking care of the golf course greens.

Care for Greens Activity and Scheduling

Irrigation: 1 - 3 days interval

Mowing: 1 - 3 days interval

Top dressing: 3 to 6 times a year

Aeration: Once a year

Pesticide: Only when it's needed

Herbicide: Only when it's needed

Fungicide: Once a month

Fertilization: Once a month

The types of grass that can be used are either the creeping bentgrass or Bermuda grass. Bentgrass is considered by golf course owners in areas where the climate is moderate to cool while Bermuda is the type of turf recommended in tropical or sunny temperatures. Bentgrass is easier to grow and provides a greenskeeper income. Using Bermuda in hot climates make it more costly. The techniques used in maintaining the two kinds of grass are the same, the only difference is that it would be difficult to use Bentgrass in places that are tropical since it is hard to keep it moist. Only 22% of American golf course owners use Bermuda while 78% prefer Bentgrass. Here are the list of places and the turf type they use according to a survey made by GCSAA.

US State: Bentgrass/Bermuda grass

Alabama: 19/81

Arizona: 59/41

Arkansas: 60/40

California: 86/14

Florida: 2/98

Georgia: 49/51

Louisiana: 2/98

Mississippi: 9/90

Nevada: 93/7

Oklahoma: 90/10

North Carolina: 67/33

South Carolina: 14/86

Tennessee: 65/35

Texas: 50/50

Hawaiian owners are using one hundred per cent Bermuda grass while all the other US states are using a hundred per cent bentgrass. Southeast Texas is using Bermuda while Bent is being used in Northwest Texas.

A standard mower, preferably the rotary types, are needed since the greens should be rolled and cut to a height of 4/16 inches. Others are still considering synthetic grass than bentgrass for the golf course. Although synthetic ones can be cheaper, some golfers may not like the idea. Here are the pluses and minuses of each type of grass:

Type of Greens: Pros vs. Cons

Real bent grass

- 1. Maintenance can be a hobby but skills and training are needed**
- 2. More pleasing and attractive but can be time consuming**
- 3. Hole locations can be changed but costly grass mowers are needed**
- 4. Grows fast and cheaper than seeds but irrigation is needed**

Fake grass

- 1. Maintenance is not needed but concrete holes are permanent**
- 2. May look real during playing but can be discovered fake by expert golfers**

3. Can take any weather condition but a bit more expensive than real bent grass seeds

4. Worry free maintenance but requires labor fees for installation

#56. Know your course: Fairways

There is greater challenge in keeping a healthy looking fairway and green for the whole golf course. Because more than forty thousand golf players come and enjoy the whole fairway, damage to the grass is inevitable. The best advice that professional owners and caretakers can give to other golf course starters is to use the right fertilizer and maintenance technique to best assist them in managing the whole fairway and green.

Below are some of the highly recommended grass products for seeding and reseeding to have a consistent green grass color during winter or fall.

Pennington Annual Ryegrass:

- * Advisable to use on a temporary or seasonal area**
- * Can also be best during warm weather conditions while overseeding the grasses.**
- * The best time to plant it is at the beginning of fall**
- * The seeding rate should be ten pounds per 1,000 square feet but only five pounds per 1,000 square feet when reseeding.**

Fairway Classics Perennial Ryegrass Lawn Seed Blend Tournament Quality:

- * These ryegrasses are used to blend with the grasses that are permanently**

planted for the lawns of the North or during the winter season and can be used for reseeding in the southern part.

- * The best time to plant it is at the beginning of the fall season.
- * The seeding and reseeding rate should be ten pounds per 1,000 square.

Here are the tips on how to maintain that healthy look of golf fairways:

* By using the right fertilizer - for the fairway to get that great looking green all throughout the year use the fertilizer that provides organic nitrogen to the soil when the grass needs it. It will be good to avoid too much growth that is the main cause of insect and other grass disease problems. By also using the right fertilizer, groundwater, lakes and the streams are not easily polluted with nitrogen.

* Use fertilizer regularly - golf course owners regularly fertilize the fairways and greens. This is very vital with the use of best products prior to seeing that the whole soil and fairway is undergoing any stress. This makes the whole place maintain a condition best for playing.

* Iron should also be present when selecting the right fertilizer - Fertilizers that contain iron are very helpful to plants since it maintains that very deep color of green for the whole fairway. This is not a nutrient that does not result in excessive growth which nitrogen can cause grass. Owners could choose between 2 kinds of iron filled fertilizer products in dry granules or in liquid sprays.

* Do not worry about weeds, just control them - Quality golf courses are not susceptible to overgrowing weed problems since they do have a thick and tight turf. But some golf courses do. Remember that the seeds of weeds propagate where there is a lot of light and moisture in the area. Once the whole fairway

is thick enough with grass, the weed seeds may not be able to fit in since there is no adequate gap to get light and moisture.

* Never leave a place for insects and grass diseases - the rapid growth of the fairway in golf courses result in an extreme growth of top. This invites insects and other diseases to feed on the top growth. Fertilizers that release nitrogen slowly aid in limiting excessive top growth.

* Make sure that the blades of the mower are sharp - golf course owners and caretakers make it a point to keep the blades of the mower sharp enough in cutting the grass to prevent grass tear. When the grass tears, the whole fairway will result into a gray looking spot. Another down side of this is that torn grass invites diseases to infest on it. Remember also that the stress is lesser if the grass is mowed frequently.

* Excessive watering can also cause damage - too much watering of the fairway and green results to a pale green color. To maintain that healthy looking green color and for the nutrients to be absorbed much better, try to frequently but just shallow water the grass for this keeps the roots of the grass near the top layer of the soil.

#57. Know Your Course: Tees

Since its inception, golf has been the world's most elegant sport. The rules and the discipline entailed in every golfer is the main reason why the game is considered to exude sheer combination of style and sportsmanship in the game.

However, golf will not be complete without its basic components. These things are used to facilitate the process of playing the game.

One of the main components of golf is the tee. On its basic concept, golf tees are those used as stands that holds the golf ball during the player's "first stroke" in each hole.

Tee is also used to unofficially refer to the area from which the player hit his or her primary stroke. It is formally known as the "teeing ground". Such that when a player is said to play on the golf course' ninth hole, the player is said to play from the "ninth tee" to the ninth green.

Consequently, the first shot hit by the player from a "teeing ground" is known as a tee shot. For lengthy holes, tee shots can be done using a driver; while for shorter holes, it is best to use an iron.

Typically, using tees while on the verge of hitting the ball is not allowed after the tee shot has been done. However, there are instances wherein some rules of golf allow this kind of technique known as "teeing the ball."

Too complicated? Read on.

Information on golf tees may range from the simplest to the most complex information. This is because the term "tee" is being used to refer to many things in a golf game.

Therefore, for people who wish to know more about tees, here is a list that can be used in order to understand the concept and importance of tees in golf.

1. The act of teeing is beneficial for drive shots.

Teeing, on its basic idea is considered as advantageous for players who do drive shots. In this case, teeing is allowed most of the time.

Alternatively, teeing is not allowed after the tee shot has been delivered. Any shots where tees are used will be considered illegal.

2. Tee shots can be executed without the use of tees.

As mentioned, tees are used when the first shot is played on the hole of the teeing ground. If in the event that the first shot is considered as a chip, a short “approach shot” of low flight usually strike from next to the green, the player can have his or her tee shot without using a tee.

3. Normal size of golf tee

The typical size of a golf tee is 2.125 inches in length. However, tee sizes may vary depending on their length, and on how they will be used in the game.

4. Forward tees are best for beginners

It is highly recommended by experts that forward tees should be used by beginners. Forward tees are usually used by high or middle handicap seniors and women.

5. Three different set of tees with three different functions

There are three different set of tees available in golf. These are the back tees, middle tees, and the forward tees.

Each set of tees has its special function.

In choosing which set of tees are appropriate for a certain type of player, it is best to consider the player's handicap, or the amount of strokes that he or she must subtract from his or her real score. This is usually done to initiate players who have different capabilities to contend on an equal level.

Hence, for those who are low-handicap, it is best to use back tees, also known as championship tees. For middle to high handicap men, long-hitting or low-handicap seniors, and low-handicap women, it is best to use middle tees.

On the other hand, forward tees are best for beginners and low-handicap seniors and women.

With all of these things in mind, every golfer should realize by now how important tees are in the game. Without these tees, the game cannot officially start with the first hole.

Therefore, even if it is relatively complicated to understand the basic concept of tees, still, it is important for a golf player to know its concept and the rules that surround it in order to achieve something in golf.

#58. Know Your Course: Hazardous Areas

Golf can be a pretty demanding game. This is because anyone who wants to be

an expert golfer or at least be considered as a golfer should first educate himself or herself about the concept of this particular sport, the rules of the games, and the conditions of the environment where the game is played.

For this reason, experts say that it is extremely important for every golfer wannabe to familiarize himself with the different aspects of golf, one of which is the golf course.

Golf course, basically, refers to a piece of land where the game will be played. Usually, golf courses have a chain of holes. These holes primarily refer to the physical hole in the ground, where the ball is placed and hit. It can also refer to the full vastness from the tee or the first hole where the primary shot is played, up to the green, or the area around the physical hole in the ground.

Normally, golf courses have nine holes up to a maximum of 18. Aside from these holes, golf courses are divided into different parts where each player must learn to play their best in spite of the disadvantages of each area and the trouble that awaits them.

The area where the grass is cut almost near to the ground that provides every ball a good playing area is known as the fairway.

On the other hand, the rough is that part of the golf course wherein the grass stands slightly taller than those at the fairway, or the area in which the grass is maintained uncut.

The last part of the golf course is the so-called hazards or those that are considered as hazardous areas in the course. These hazardous areas are the most feared part of the golfers because it is assumed that if a golfer's ball had fallen into one of the hazards, he may or may not win the game.

Therefore, for people who want to know more about the different hazardous areas in the golf course, here is a list of some facts that could be used.

1. Bunkers

Bunkers, also known as “sand traps,” are one of the hazardous areas on the golf course. As its other name suggests, bunkers are burrows that are usually full of sand.

Here, the player will have a difficult time playing his best shot in the game. This is because golf balls are hard to control and manipulate when in the sand.

As a rule, players are not allowed to touch the ground, which is still a part of a hazard, using a club. Hence, beginners must know this rule by heart or else they might not be able to finish the game.

2. Water hazards

Water hazards are typically small bodies of water that are incorporated in the golf course like ponds, lakes, etc. Usually, water hazards are placed between the hole and the “tee-off”.

These water hazards, like the bunkers, are also considered one of the hazardous areas in the golf course. This is because once the ball has landed on the water hazards, there is a possibility that the overall performance of the player’s game will be affected.

Basically, even if the ball has landed on the water hazard, the player can still opt to play the next stroke provided that the player must hit the ball as it is.

If in the event that the ball is considered lost, in which this particular issue is a subject of numerous debates in the course, the player may hit another ball that can either be played from the area where the ball was previously hit before it hit the water hazard or by dropping another ball from behind the water hazard.

In reality, there are many rules that govern the cases of water hazards. However, the rules mentioned here are the basic rules in water hazards, so it can be very useful especially to those who are planning to start their career in golf.

Indeed, the performance of a player that refers to his stroke and style can be curbed with many obstacles like the water hazards and the bunkers. Hence, it can be concluded that golf players should try with all his might to avoid these hazardous areas as much as possible.

#59. Know Your Equipment: Beat Your Opponent with the Right Stuff

For so many years now, golf equipment has definitely developed in terms of elegance and the right tactics. From golf balls to the more complex golf items, it has gradually become a complete big industry out there.

Since its inception, back in the 15th century in Scotland, golf has intricately fabricated itself in the social market as the sport of the leaders and the privileged entrepreneurs. No wonder why most of the bosses and the managers find time to conduct tournaments and matches in spite of their busy schedules.

In fact, in the United States, golf is informally acclaimed as the sport of the “business world”. There are many instances wherein most of the decisive moments of the board meetings have been carried out during golf matches and games.

For this reason, golf experts contend that because golf reflects the elegance and classiness of the business world, it is best to use only excellent equipment in the game. That’s why golf clubs appear like the majestic millionaire’s cane that has been elegantly crafted for the chic sport.

However, in order to obtain the best golf equipment in the world, one has to use hefty amounts of money because these babies have very steep prices.

Nevertheless, golf equipment is still the most important thing in a golfer; hence, it is just important to pay close attention to them.

Golf clubs

Next to the crowns of kings and queens, golf clubs are said to be one of the most elegant and valuable pieces the sports world has ever known. It reflects the sophistication that golf has long been known for.

Generally, golfers carry several types of golf clubs in a game. The rules of golf allow a golfer to carry up to a maximum of 14 clubs. This may depend on the type of move they are going to play.

Golf clubs are categorized into four key types: irons, woods, putters, and the hybrid woods.

1. Irons

Irons are usually used when shorter shots are required or when the play involves shots that are moving towards the greens. The sizes of irons usually range from 36 inches to 40 inches long. The iron heads are characterized by hard and even “clubface”.

Basically, irons are used for detailed shots from rough as well as from the fairways.

2. Woods

Woods are typically long and are usually used in long shots, usually those shots that run from 200 to 300 yards. It is characterized by its shaft length that range from 40 inches to 46 inches, or longer like the “Black Rock’s Killer Bee,” which has a shaft length of 50 inches.

As it's name suggests, woods are originally made from maple or persimmon wood. However, as time goes by and as golf develops, contemporary club heads are now made up of hollow titanium or steel.

3. Hybrid woods

Hybrids are innovative types of woods that blend the “straight hitting” feature of irons and the “low center of gravity” attributes of woods with higher lofts.

Hybrids are typically used for long shots in a challenging rough area. Players who have difficulty in generating a “ball airborne” when using long irons use hybrid woods instead.

4. Putters

Putters are generally characterized with very low shafts, which are also short sometimes. This type of club is usually used to play the golf ball on the greens. However, there are instances wherein players use them especially when they are playing from the hazards or for a few “approach shots” on the course that have compactly trimmed extremes and fairways.

Golf Balls

Golf balls are the celebrities of the game. This is because without golf balls, the concept of golf is totally vague and useless.

According to the “Rules of Golf”, golf balls should weigh 45.93 grams or less; have a diameter of 42.67 mm or less; and should be symmetrically sphere-shaped.

The complexity of golf balls is based on its transitional period of changes and innovations. This is because the physics of golf balls are based on the materials used.

The details of how the ball was created and the materials used greatly affect the historical development of golf. From wooden golf balls to contemporary golf balls, each invention has contributed to the development of golf.

Today, golf balls are more effective in terms of its physical performance, unlike before. Contemporary golf balls have 300 to 450 dimples. These dimples are the primary characteristics that make the balls fly high in the air.

Other Equipment

There are still many kinds of golf equipment and not just clubs and balls alone. In golf, the right kinds of clothes are also required. Included in a golfer's get up are the special kinds of shoes known for its spikes that are fastened to the soles.

Golfers also use special gloves because this will help them on gripping the clubs.

Then there are the golf carts, which are used to transport golfers from one hole to another, and the tees, which are used to support the golf ball during tee shots.

Indeed, golf equipment is relatively a mixture of classiness and pure sportsmanship. And every player's move is dependent on the kind of golf equipment he uses. That's why it is extremely important to consider the vital factors when choosing golf equipment.

#60. Basics of the Game – Putting

Putting is an essential, if not the most important, factor in playing golf. This is where the game is decided. Nerves of steel and lots of practice are needed to master the art of putting. Even professional golfers feel the pressure when it's time to putt and the game is on the line. Here are some tips to learn and improve on your putting.

First thing to do would be to take practice strokes next to the golf ball. This would help you feel the needed rhythm in putting the ball. You will need to do this as you don't want your shot to be too awkward or too strong.

Try to have some marker to help you focus and help you with proper alignment of your putt. A marker is where you will aim the ball as you putt. The position of this marker is dependent on the terrain of the golf course.

When getting ready to putt, be sure that your eyes are focused on the golf ball itself. It will help in lining up the putter with the golf ball. You must remember not to focus on the marker but more on how you will make your shot.

Proper putting stance is needed when putting. You don't want your balance disturbed by a sudden gust of wind. First thing to remember is that you should be comfortable with your stance. One way to do this is to separate your legs with about the same width as your shoulders. This is a standard stance and it should give you a comfortable and balanced posture for your putt.

You could try a wider stance as it will be more balanced but you would be less comfortable. Remember that the wider your legs are apart, the more balanced it is and the less comfortable you are. Just try to find your balance as you make your shot. If you feel you have to sacrifice your comfort zone to have more balance then do it.

You should also remember that your shoulders should be parallel to the direction of the putt. Your arms should just be dropped down straight from your shoulders. Your feet can be open or closed, depending on where you are most comfortable. Remember that the more comfortable you are, the more natural your shot will be.

Remember that all putts are straight. It is your aim that will change. When aiming at a flat green just aim straight to the hole. You should practice so that all your putts just follow an imaginary line. When aiming in an elevated green, you should just putt the same. The difference is that you will aim directly at a point above the hole. What you want to happen is for the ball to stop at one point and to let gravity take your ball directly to the putt.

Long putts are more complicated but if mastered will help tremendously with your game. You should remember that a great long putt will eliminate the need for you to do short putts. The first thing to do is to sit down behind your ball and facing the hole. From that point of view you'll get to see the low and high points of the green. If it's a fairly straight green, you can just shoot a straight putt like the way you're shooting for small putts. If it's not, then try to evaluate whether to divide your long putt to smaller putts and putt accordingly.

Dividing a long putt depends on the terrain of the golf course. If you see a combination of straight and elevated terrain, dividing it would be better than trying to make your putt in one try. Try to eliminate the elevated terrain so you will just have to create a straight shot putt for your last shot.

Remember that nerves will always come into play when shooting your putts. Just stay relaxed and focused on your shots and you'll do fine. Don't blame anyone when you miss your putt, stay focused and just prepare your next shot as if it's your first putt. Take a deep breath and don't let your anger get the best of you.

#61. Basics of the Game – Driving

Driving is one of the most important aspects of golf. A good drive will eliminate the need for chipping and for taking long putts. What you want is to lengthen your drive or give it more accuracy. Here are a few tips to start you off with driving.

Proper grip is important in driving. If you grip your club too tightly, you might get too uncomfortable to make an accurate shot. If you grip it too loosely, then you might see your club fly along with your golf ball. What you want is to grip it properly. For everyone, your less dominant hand (the one you don't use for writing) is essentially a strong factor. You don't want the club to be positioned too high in your palm and you don't want it too low either. A diagonal position is a preferred grip of the club with respect to your less dominant hand.

Your dominant hand should be less dominant. Don't let that hand grip the club too tightly or too loosely. This will not help you with your drive. You want it to be loose and relaxed. You might want to put a gap between your first and second fingers. This will give you more power and proper angle to your shots making your drive longer and more accurate.

You should make sure your hands are linked together. Try sticking out the thumb of your less dominant hand and covering it with the palm of your more dominant hand. This will ensure that your grip is tightly secured by your two hands. It would also help your shot as your more dominant hand supports your less dominant hand and vice versa.

Proper alignment is needed. You should align your club's face to the direction you want your ball to go to. After that, align your feet with your club and as you prepare your drive just stay parallel with your club's face pointing your shoulder and hands in the same direction.

You should also have the proper stance with regards to your ball position. Try doing this if you don't know how. After aligning your shots, first put your feet

together keeping them pointed to the ball. Then try to move your left feet outward a little. After that do the same thing with your right foot. Keep on doing this until you feel you are comfortable with your stance. Just remember that your feet should also not be more than shoulder-width apart.

The next part is the swing. This is one where you need to practice doing it correctly. You want your shoulders and hands and feet to be loose and relaxed. Try swinging the golf club back and forth just to get into the proper rhythm and create a flow to your golf swing. Remember not to sacrifice your accuracy just to bring in more power to your shot. A balance between the two is better.

To achieve more distance to your swing you want to go through these checkpoints. You must check if your upper body is coiling properly. Your base or your feet should be rock solid and stay intact with your lower body. Your left knee (or right if you are left-handed) must turn past the golf ball as you coil your upper body and your arms must be extended to their full length to achieve maximum swing.

Another trick to achieving distance is to tee your ball higher. This will help you achieve two things. The first one is a better angle on your launch as your club face will hit your ball at a lower place. The other thing is it will help you reduce friction from too much backspin from the ball.

Remember that driving is not easy to master. Even professional golfers have a problem with accuracy of their shots. The thing to remember is to check your stance, your grip and your swing. Don't be scared to ask for advice if you know you need it. You will also need to practice. Try practicing your swing before you play. Remember the checkpoints and ask for feedback from your trainer if you feel you are doing something wrong.

#62. Walking in the Green

Playing golf is being with nature. It makes one get up early in the morning while the sun isn't out yet and enjoying the game in the company of people from work or with friends. It is just one of the many forms of relaxation people can do these days and a great escape from the pressures of the city.

Being in nature's bounty may not happen everyday. Traveling between the city and the countryside can be difficult at times, which should make the person seize the moment of enjoying the freshness of the air and the serenity of nature while walking in the green.

Golf courses have been designed with various landscapes surrounded by trees, the hills, the lake or river and sometimes the ocean. Each of these adds up for the person to be one with nature. While one is standing in the course or driving in the golf car, that person can easily notice how well managed the grass which is sometimes the wish of some people that could have the same thing in the backyard.

The best way to enjoy the scenery is taking ones time and just walking slowly. There will be some uphill climbs and some downhill turns. One should remember to cherish it so when that person feels stressed out work, the individual can recall that moment and relax even for just a short time then get back to work again.

Most exclusive golf clubs have other facilities that other members of the family can also enjoy. These places have pools, spas, tennis courts and a lot of other recreational things that other family members can do while one is walking in the green.

Some of these places offer residential homes inside the vast acres of space that a person can buy which is inclusive of the golf membership. This makes it easier for people to leave for the weekend and come back the day after refreshed and ready for another challenging week ahead.

Such facilities offer 18 hole and 36 hole courses and can be found by searching the web or by checking the local directory. This is usually advertised so it kind of impossible to miss.

Golf is always fun be it that person is a beginner or already a pro. Playing the many holes and walking the distance is also a good exercise that can be done with the other family members so there is time to bond and make everyone enjoy some good fresh air that is quite rare living the city life.

#63. Final thought: 4 Time-tested And Proven Methods To Lower Handicap!

Golfers are often on the lookout for a magic tip or trick that will transform them into better golfers, or a magic formula that can take their game to the next level, but while lots can be done to improve your game only one thing will help you become a better golfer: good golf habits and stick-to-it-iveness!

Here are 4 powerful yet simple, time-tested and proven methods that work!

1. You get OUT what you put IN. So get out there and practice!

In know. I know. You say you don't have the time, but if you can't find time to practice your game will always suffer and that's the bottom line. In life, such as with golf, you always get out what you put in. If you can't make it out to the

range to practice at least get out your clubs when you're at home and find a place to swing your clubs for 10-15 mins. Muscle memory is fundamental to your game and it will help keep you limber as well. So get swinging!

2. The forward march.

To change your game's comfort zone and help lower your scores try playing from the forward tees during a few holes or a whole game. This will enhance your positive mental game and your level of play when you do return to your accustomed tees.

3. The short game.

Putting and chipping accounts for more than half the shots you will make so devote a big percentage of your practice to these shots and not just driving which is so common amongst golfers.

4. And finally... keep a record!

Case studies demonstrate the correlation between training and tracking your progress. Since chances are you may be making the same mistakes from one game to the next and you are not aware of it, an accurate method to track and manage your progress (if any progress is to be witnessed at all) is essential to your performance. Tracking your rounds and analyzing you post-games will impact your mental game. Give it a try!

Golf Resources

"The Golf Swing Test" ~ Try Today, It's FREE!

Go to: <http://tinyurl.com/nrr2fou>

Official: "How To Break 80 Golf Instruction Program" ~ Shave At Least 7 Strokes From Your Game And Add 50 to 70 Yards To Your Tee Shots... Guaranteed!

Go to: <http://tinyurl.com/p7jumev>

Have a great golf game today.

Thank You,

Terry Clark

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