

Who Else Wants To Know A Basic Explanation On The Basic Golf Swing?

There are lots of golfers out there both professional and amateurs are studying the best way to a good basic golf swing. Everyone, including Tiger Woods started off as a young novice in golfing. Luckily, he got a good father who are also in golf.

Well, although we may not have such a father to learn the basic of a swing from, but you are not alone. Have you ever been on the golf course or a driving range and have tried to use all your strength in the basic golf swing so that you can hit the ball as far as possible, then you already understand that this technique does not work very well.

In fact, you were probably lucky if you hit the ball and if you did manage to make contact with the ball it probably went no where near the direction you wanted it to go.

Why the ball are not moving far?

One of the reasons that your ball didn't go in the right direction and/or maybe it didn't even go as far as you thought it would go is because even though it does take strong conditioned muscles to hit the ball a great distance, it doesn't mean that hitting the ball with all your might is the best approach.

Hitting the ball with the basic swing is more physics than strength.

For example, if you look at a bag of clubs you will notice that each club is designed differently. Each club is designed to do a certain job at a certain distance so choosing the right club will also help with the swing.

Picking the right and proper club.

Once you are able to pick out the proper club and be able to control that club then and only then can you begin to work on power. You should also know that power does not always mean strength. You don't have to be a body builder to make long tee shots but you do need to condition you golfing muscles.

Also you need to know how to position your body for the proper swing so the club will connect with the ball at the correct angle to get the most out of the club and the swing.

Practice makes better.

Practice, practice, and more practice will be the only way for you to learn the basic swing. Unfortunately, there is no magical dust that you can sprinkle over yourself or your clubs to give you the basic golf swing.

The best way to learn is to have someone whether its and instructor or a friend, but have them show you the basic swing and then practice that swing over and over until you can do it without even thinking about it. Go find yourself a mentor, guide or coach that you pinpoint your mistakes so that you can perform well on your next swing.

There is some golf stretching exercises that have been known to be somewhat effective is stretching out and conditioning the proper muscles that a golfer uses and with the proper conditioning it will help with the movements to the swing. Not only it condition your body, it also prevent further injuries that may occur after the game.

Paying special attention to your posture, body, club selection, golf course selection, golf shoes selection, weather, the food before the game are some of the factor to a perfectly basic swing. As mentioned, there are not shortcut to a good golf swing, just pure observation, hardwork and practice, practice and practice.

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