

# Golf Tips

## 1. Golf Grip Pressure

Learning the amount of golf grip pressure needed to swing the golf club smoothly and efficiently as possible while still maintaining control is one of the key factors in learning to play golf well. Try the following golfing drill to assist in this area. Rate your golf grip pressure on a scale of 1 to 10, with 1 being super-light and 10 being super-tight. Start with a 1 and grip the club progressively tighter as you work your way up to a 10. Identify the change in golf grip pressure and apply a number to it.

Then, hit some shots using the same system. You will soon discover the amount of grip pressure which produces your best swing. It will probably be in the 4 to 5 range. Once you have determined the correct grip pressure, constantly identify its feel so you will eventually use it automatically on the course. In addition, remember to maintain a constant golf grip pressure from the start to the end of your swing.

## 2. Golf Courses of the World

[Here](#) is a geographically organized listing of golf courses around the world. The web site includes the golf course name, location, telephone number, number of holes, yardage, par, slope, and comments about the course.

## 3. Golf Health - An Overview

Playing golf is a physical athletic skill requiring strength, golf flexibility, [neuromuscular coordination](#) and, to a certain degree, cardiovascular and muscular endurance.

## 4. Golf Ball Identification Methods

For a good golf ball identification method, prepare golf balls for marking them with your identification mark by taking a SMALL MUFFIN PAN FOR 12 or an OLD EGG CARTON and place 12 balls in each one. Then mark each ball with a dot of red fingernail polish or any other identification mark of your choice. Leave them in position until they are dry and ready to use. This method is much easier than trying to

mark each one individually. You can also use a permanent marker to put your initials for better golf ball identification.

#### 5. Course Manage Your Troubles Away

Even the best golfers learn to find and remember the trouble areas. It gives them an advantage. It may be avoiding a low hanging limb on a second shot or a slanting section of fairway. It is called golf course management and it will cut strokes off your game. A good golfer is a smart golfer.

#### 6. Golf Shoe Care - Keeping Golf Shoes in Shape

Golf shoes can crush and shrink from the elements, storage and transport. The best golf shoe care method for keeping golf shoes in shape is to insert a shoe tree (an expandable split wood device) that holds a shoe's shape, minimizes shrinkage, and eliminates moisture.

#### 7. Be Flat At Impact - A Golfing Drill

One of the sneakiest slice causing culprits is the karate-chop hand or the home run swing. This is hard to spot unless you know what to look for. Try this golfing drill: Take a golf stance near a chair's padded back rest and let your hands form your grip against the back rest. At address, the subdominant hand's back hand is flat on the backrest. Make a back and forward swing at the chair, a square impact has the back hand hitting flat against the back rest. If the pinky-side-palm-pad hits first (like a karate chop) you are opening up at impact. Practice this golfing drill until you can hit flat every time and you will be square at impact.

#### 8. Basic Rules of Golf - Yelling "FORE"

If ever your ball is heading towards another person, it is your duty to warn them by yelling "FORE". Yell loud and early enough to give that person a chance to cover their head. A golf ball can and has killed people so yell it out!

#### 9. Golf Stretches and Exercises

To avoid injury, take a few minutes to do a few simple [warm up golf exercises](#) and basic golf stretches before you start. You have probably been sitting in a car for 20 minutes or more, so get out and walk around a bit. Shake your arms and hands for 30 seconds. Put a golf club behind your back and hook your arms around the club at the elbow joint and do some easy turning and mock golf swing exercises. This is a good way to help you limber up. Swing two golf clubs for a while. Now use 1 club, put your feet together and swing normally for a few minutes. You are basically warmed up and the muscles are stretched, too. Try to do this every time you go golfing and you will get more enjoyment from your game and less aches later on!

## 10. Fundamentals of Golf Swings

Here's an easy approach for learning how to swing the golf club. The swing is broken down into six parts: the golf setup position and posture; golf club alignment; the take-away; the back swing; impact; and follow-through.

## 11. Professional Golf Club Fitting

“The first thing the pro will do is have you warm up for a few minutes with your own golf club”, says a career expert that can help me [pimp my resume](#). Take several practice golf swings and hit a few golf balls until you feel comfortable and loose. Swing like you normally swing, don't worry if it doesn't look good, that is not important right now.

The next thing the pro will do is examine your current golf clubs by watching where you hold the club, if you are choking up or reaching, plus the pro will be noticing if the toe of your club is pointing up or down when you set up or swing.

The pro will make a quick determination from your initial set-up and start handing you custom golf clubs that are already adjusted for length and lie. He will watch you ball flight and comfort level to see when you are close to a match. When he thinks you are close, he will put some impact tape on the face and sole of the club and have you hit a few more balls off of an impact board. He will examine the tape to see if during the swing the toe or heel is hitting first and if you are making solid center face contact with the ball. At the same time the pro will have set up the swing speed machine and record your actual swing speed.

Armed with this information, the pro will be able to hand you the proper fitted golf club and you should see marked improvement.

## 12. What adjustments are made during club fitting.

Club fitting will take into account several characteristics of the golf club when determining which club setup is for you. The main ones are as follows:

1. Length of club - This is very important on a couple of levels, one is that you want the proper length club so that you feel comfortable with it in your hand. You won't feel the need to choke up on the shaft or feel like you are reaching for the ball. The proper length of club also lets the club maker assemble your club to have the correct flex in the shaft. If you choke up on the club you are in essence moving the kick point which in turn stiffens the shaft. Think of a telephone pole, when the pole is long, it can sway in the wind, cut it shorter and it is extremely stiff.

2. Lie angle of the head - The lie angle of the head is important for accuracy. The lie angle affects the heel and toe of the head. If the club is too flat, the toe will hit first, too upright the heel hits first. You want the middle of the club, below the sweet spot to make contact with the ground first.

3. Flex of the shaft - This is determined by the club speed. Too flexible of a shaft makes accuracy a problem as the club head will not square up, too stiff of a shaft means distance problems as you will lose the power of the shaft in the swing because your speed will not be enough to get it to flex.

4. Loft issues - For some players, loft fitting becomes a factor. If you hit the ball too high, you may be told that you need stronger lofted clubs or low trajectory clubs, if you just don't get the ball up, you may be told that you need higher trajectory clubs. This is more of an advanced kind of fitting as most clubs can't be adjusted this way, they have to be cast or forged strong or weak. Some companies offer lines of clubs this way, usually designated as pro versions for lower trajectory, or ht for higher trajectory.

5. Grip fitting - The size of the grip is important if you have very big hands or very small hands, or arthritis or some other medical reason that needs to be addressed. This is usually determined by your glove size.

## 13. Golfing Information on Golf Club Shafts

To get the most from your tee shots, you'll need to use the right golf club. Many players use golf [clubs that have shafts too long](#), costing you accuracy. Also use a golf club with enough loft for your swing. For most average players, a driver with at least 10 degrees of loft is recommended. Check the flex of your clubs as well. Golf club shafts that are too stiff will cause you to make compensations in your swing, leading to inconsistent shots. Finally, if you feel golfing equipment is holding you back, make an appointment to be fitted by a professional. This will save you time and money when shopping for new golf clubs.

#### 14. "The Good and the Bad" Game for 4 Players

This is a great golf game for 4 players as it keeps everyone involved in each hole plus offers more avenues for betting or scoring.

Divide your foursome into two teams of equal skill using golf handicaps or giving strokes if necessary.

Team A and Team B.

Each hole in the round is worth a total of 2 points, one point for the "Good" and one point for the "Bad". Each player plays their own golf ball and keeps their score for the hole. At the end of the hole, the best score from team A is put against the best score for team B. The same is done for the other players, the worse score from team A is paired against the worst score from team B. The winning team of the best scores gets a point and the winning team of the worse scores get a point. Ties are carried over. For example if the two best scores are tied, the points for the "Good" on the next hole are now worth two.

Examples of how points are given:

Team A: One player shoots a 4, other shoots a 6

Team B: One player shoots a 5, the other shoots a 7

In this case Team A wins the Good and the Bad -  
the 4 beats the 5 and the 6 beats the 7.

Team A: One shoots a 4 the other shoots a 6

Team B: One shoots a 5 the other shoots a 5

Team A wins the Good - 4 beats a 5, Team B wins the Bad - 5 beats a 6

Team A: One shoots a 4 the other shoots a 5

Team B: One shoots a 4 the other shoots a 4

Since Team A and B each shot a 4 as the best score, the "Good" point is carried over to the next whole, team B wins the "Bad" 4 beats a 5.