



EASY GOLF SWING FOR SENIORS

Step 1 - Stronger Grip



the grip should be a little bit stronger than it was when we were younger.

We can't move quite as well, so we need a little help to get that draw, for that distance and that little bit of extra roll. It's worth it!



Place the club in the base of the fingers with both hands, not in the palms - that's not very powerful. With the grip in the fingers, that helps us to get a little more action and power with the hands and the wrists, making it easier to maintain that distance.



We need to make sure the top hand is on top of the grip. We should be able to see at least two knuckles on that top hand and the 'V' formed by the thumb and forefinger should be running up to the trail shoulder.



If the wrist is to the side, with only one knuckle visible and the thumb on top of the club, then this is what we would call a weak grip.

Players with a weak grip tend to hit high, weak fades.

Step 2 - Active Footwork



Flare the feet out a bit. That's also going to help us to rotate a little more easily. If our feet are pointing dead straight, that's restricting our hips.



Let's allow that lead heel to come off the ground. It's allowed to come off the ground. We want the heel to come right up. The lead knee will come in behind the golf ball.



Lifting the heel helps those hips really turn. This frees things up to achieve a nice big shoulder turn. There's a lot of evidence to suggest that the shorter our swing is, the shorter our career. Long swing = long career.



Both heels should lift. In the backswing the lead heel is to come right up. Then in the follow through we want to see that trail heel come around as well. That helps us with that rotation through to the target.

Step 3 - Head Rotation



We hear too much advice, telling us to keep our heads down! Keep the head still!

The head needs to move a little. If we keep it down, then that restricts our turn. Our shoulders hit our chin. We've lost the space we need to swing freely and safely.



If it helps to turn into the backswing, just let the head turn to the trail side just before taking the club back. Remember Jack Nicklaus? Let's turn that head a little bit to free up that backswing. We can get a more complete shoulder turn, much more easily.



In the followthrough, we also need to turn the head, this time forwards. Yes, we keep our eyes on the golf ball as we hit it but we don't want to keep the head down too long. Again, this puts more strain on the back.



EASY SWING 4 SENIORS

1. Strong Grip
2. Active Footwork
3. Head Rotation

Put it all together for plenty of rotation in the backswing and throughswing.

We can achieve a fluid, flowing swing with reduced strain and chance of injury.

Final Advice & Speed Drill



These three simple principles apply to mid and long irons, hybrids, fairway woods and drivers.



Notice we haven't mentioned anything about posture. Many golfers who try to attain perfect posture and a very straight back, actually arch their back too much. They become too stuck and rigid in their golf swings, increasing the chance of injury.



Neither do we advocate dropping the trail foot back. This is used to try to bring the club on the inside and approach the golf ball from the inside. That just restricts rotation in the followthrough to the target. That can cause back injury as well. We much prefer to be parallel to the target or even slightly open.



Bonus Drill:

Swing the club upside down, about a foot off the ground. To start with it's going to sound pretty slow. Gradually speed it up.

If we hang on to the club too tightly and try too hard, we're not going to generate as much speed. So, nice soft hands and let's hear that 'whoosh'.

THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

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