



HOW TO RELAX

**FREE GOLF
TRAINING GUIDE**

Grip Pressure



How tightly do you grip the golf club? If you're anything like poor Charles Barkley here, then you might be tensing up too much over the golf ball. You feel like you have more control and power but as you can see here, tension disrupts the natural flow of the golf swing and adversely affects performance.



In fact, tension is the golfer's number 1 enemy! You've all heard it before, that you should relax when hitting the golf ball. You should hold the club like a tube of toothpaste or an injured bird. It's not that easy though, is it? The truth is, tension can creep into anyone's golf game, even the pro's!



If you consider grip pressure on a scale of 1 to 10, then many golfers might be up as high as 8/10. This is way too tense, reduces the player's feel for the clubhead and can cause all sorts of performance issues, such as chicken wing and topping.

1. To identify where on this scale you grip the club, hold the club as tightly as you can for a second.



Next, soften your hands to 3/10 on the scale. Not sloppy, just soft, relaxed but in control. Do this 2 to 3 times.

Then hit a shot, doing your best to maintain your soft hands throughout your swing. Don't worry if you feel your grip pressure tighten up through impact, this is normal.



Breathing Affects Your Flow State



2. When you tighten up on the golf course or whenever you feel pressure or anxiety, your breathing can become shallow and fast. This reduces oxygen intake and further elevates tension levels. Movements can become jerky and inconsistent, thus affecting control over your swing and short game.



Before your shot, any golf shot, breathe in through your nose, very slowly. Take at least 5 seconds. Then exhale, just as slowly. During your ideal relaxed state, you should only take 5 to 6 breaths per minute! Oxygen quality is much higher through your nose and has many other benefits.

Consistent, SHORT Pre-Shot Routine



Another trap some golfers fall into, is taking too long over the golf ball. Unfortunately, the professionals are allowed to take an inexorable amount of time on each shot. This is counter-productive for the majority of golfers and just increases tension. You would inevitably start thinking too much too.



Develop a pre-shot routine, which should only take about 20 seconds from start to hit. This needs to include assessing your lie, judging a yardage, choosing a club and visualising the shot. Over the golf ball, you should only have time for lining up, setting yourself and swinging. This is more reactive and reduces tension.



Alternative Techniques



Try engaging your core before each shot. This is the act of 'sucking' in your tummy, without holding your breath. This can have the effect of transferring pressure and tension away from your hands and towards your core. This in turn, with practice, allows your arms to swing more freely and your hands to remain soft.



The tension in your hands and arms could very well be caused by you trying to hit the ball too hard. Speed is your friend and can much more easily be created using soft hands. Try to swing and clip the grass with a practice swing - fast! Make sure you keep soft hands. Then try the same fast (NOT hard) swing hitting a golf ball.



The waggle is not a new concept. Elite golfers have been waggling the club before every shot, since the 'Feathery' golf ball! It's a very effective method for reducing tension and softening grip pressure. Club golfers tend to be much more still and rigid, when over the golf ball. You're much better off moving, shuffling and looking at the target.



This is a bit of tasty fun but a real challenge! Can you place a potato chip on your tongue and hit a golf ball, without cracking or smashing the crisp? This drill encourages you to relax your jaw, whilst still swinging the golf club at speed. It will be interesting to find out how you do, please let us know!



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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or just want to say '**G'day**'

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