



HOW TO HOLD THE GOLF CLUB

COMPLETE GOLF GRIP TRAINING GUIDE

Setup Sequence



To make things easier for you, it's important to have your clubs fitted with the correct size grip. If you place your top hand on the grip, a couple of your fingers should touch the pad of your hand.



When addressing the golf ball, develop a consistent routine. Before placing your hands on the grip, it is vital that you aim the clubface to your target. This eliminates unwanted hand adjustments.



Beginning with your top hand, place the grip of your club in the fingers. The benefits of this are numerous, allowing you to swing the club more freely, for optimum power and control.



Another benefit from gripping in the fingers, is it places the wrists more on top of the grip. This is a desirable and most stable position for the wrists. You should be able to see two knuckles on your top hand.



When placing your bottom hand on the grip, face the palm of your hand to the target. This 'neutral' position is best for squaring the clubface at impact. The bottom hand should also be in the fingers.



Your goal is to position the hands close together, closing any prevalent gaps. We encourage you to try to overlap or 'interlock' two fingers, thus helping your hands to work together as a single unit.



Common Mistakes



Unfortunately, many golfers struggle to grip the golf club effectively. New and even established golfers prefer the comfort of placing the grip in the palms of their hands.



If you develop wear marks in the pad or palm of your glove, then this indicates a grip which is too much in the palm. This makes releasing the club very difficult and weak slices can be the result.



Some golfers feel they have more power in the golf swing by gripping the club with the hands apart or with wide gaps. This feeling of strength is an illusion and accuracy is hugely affected.



This is an example of a 'strong' or 'hook' grip. The hands are rotated to the right for a right-handed golfer. Although powerful, the clubface is difficult to control. Low hooks are often caused by this position.



This is known as a 'weak' grip and for good reason. The clubface is often left open through impact, causing a weak slice. This is because the hands are already rotated left, so the release is compromised.



This is possibly the worst example, with the grip in the palms of both hands. With the top hand in such a 'weak' position, the bottom hand is too 'strong' and overpowering. This causes a multitude of issues.

Golf Grip Drill



To help you find the right grip for you, this simple drill is designed to assist you in finding the ideal, most stable placement for each hand. Beginning with your top hand only, hit several chip shots.



This helps you become more comfortable with placing the wrist on top of the grip. Quite simply, to attain any success with this short shot, you will automatically place your top hand more effectively.



Next, hit the short chip several times with just your bottom hand. These shots should only travel a few yards. Strive to make perfect contact with each shot. It's a good idea to set up a target as well.



Take note of where you place your hands on the grip, while performing this drill. The idea is to remember the positioning of each hand, whilst hitting these short chip shots.



It will take many repetitions to develop complete comfort and confidence in the grip. When placing both hands on the club, it is vital that you position each hand, the same way you did for the drill.



A good golf swing begins with a sound grip. The way you place your hands on the club should allow you freedom of movement to hinge and release the golf club, as well as providing control over the clubface.



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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