



BETTER BALL STRIKING

IRONS TRAINING GUIDE

Technique or Skill?



The common belief is that to improve your ball striking, you need to perfect your golf swing technique. In today's training, we're going to show you how you can enhance your club to ball contact, purely through skill development.



Improving any skill starts with quality feedback. The clubhead travel too fast for you to see which part of the club hits the ball. You want to strike the sweetspot, so let's mark the golf ball with a dry erase pen, to ascertain your contact point.

Quality Feedback = Greater Awareness



Mark a small mark over the line on a range ball. Place the ball, so that the line is positioned down the bottom half, at the back of the golf ball. No pen mark should be above the equator of the ball. Choose any iron and hit a shot.



This shot by Glen isn't far from the sweetspot but he immediately sensed that it didn't feel 'right'. The mark transferred to his 7-iron, too low on the clubface and a little towards the heel. This 'poor' strike would fly lower but shorter than his optimum trajectory.

What Causes Mis-Hits?



Why did Glen mishit his 7-iron? Rather than questioning his technique, let's consider how difficult 'flushing' a shot can be. His club is setup behind the golf ball like this, with the sweetspot adjacent to the ball. What about impact?



The golf club travels up to 10 feet up and back and another 10 feet down before striking the ball.....and Glen missed the sweetspot by less than 1/4 inch. The clubhead simply didn't return to exactly the same position at impact. Sounds challenging!

Differential Training



The good news is you are capable of improving your ball striking, despite the challenging logistics. Simply by gaining the quality feedback the pen marks provide, you will strive to centre your marks and feel that sweetspot more often.



However, we can speed up the improvement process along with 'Differential Training'. For example, if your 'heel' strike is chronic and has become a habit, try to hit several shots from the toe of your club. Sometimes, you need to exaggerate a correction.

Back to the Sweetspot



That exaggerated mishit might take you a while to achieve, especially if you have an ingrained habit. Of course, to correct any habit, you should attempt the complete opposite: Heel to toe, toe to heel, low to high, etc.



Next, you should once again challenge yourself to strike shots from the sweetspot. Use a towel to wipe the old marks away for a fresh slate. Quite simply, the better your ability to find the sweetspot, the more consistent your game will become.

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.

If you love our content, have a question,
or just want to say 'G'day'

please go to our [YouTube channel](#) to comment.

