



HOW TO HIT THE GOLF BALL FIRST

IRONS TRAINING GUIDE

The Low Point of Your Swing



Many golfers believe that to hit the golf ball up with an iron, you need to hit the grass first. The fact is, the loft of the club does that for us. Ideally, you hit the golf ball first, then the ground. To achieve this, you mustn't try to hit down on the ball!



Instead, you simply need to learn to control the bottom of swing arc. If your swing bottoms out before the golf ball, then your clubhead will be on the way back up, as you hit the ball. You will hit many 'fat' and 'thin' shots.

Control Your Swing Arc



With a simple shift of focus, you can learn to hit the ball first, then the turf. Without the ball, take some swings, attempting to hit the grass with your club at varying points. Hit the grass early, some late, some swings in the ideal spot.



It is definitely more challenging to hit the grass after the ball. By definition, doing this creates a slightly downward angle of attack. Next, place a tee at that point, leaving a space between your clubhead and the tee. Take a swing, trying to hit it.

Shift Your Focus



Having something to focus on, like the broken tee, is very effective in helping you achieve your goal of moving your swing arc forward slightly. Don't be tempted to move the tee back or sway forward to hit the tee. Repeat several times.



Once you can more consistently hit the tee, you're now ready to try the drill with the golf ball. Place a ball in the space you setup between your clubhead and the tee. Even with the ball there, your focus is still going to be on the tee.

Compress The Golf Ball



The secret is to completely ignore the golf ball. The whole point of this exercise is to shift your focus away from trying to lift the ball up into the air. Your body has the ability to reorganise your golf swing to produce later contact with the turf.



It'll feel strange at first, to focus on the tee. If the bottom of your swing arc is just after the ball, then you are producing a slightly downward angle of attack. You don't need to actively hit down on the shot to compress the golf ball.

THANK YOU



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

Great to have you on board.

Steve & Glen are here to help YOU!

If you love our content, have a question

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

[we'd love to hear from you here.](#)

Are You The Best Golfer You Can Be?

