



HOOKING

SHOT SHAPE TRAINING GUIDE

The 'Hook' Golf Shot



A Hooked golf shot is when the ball curves through the air substantially from right to left, for right-handed golfers, or to the right for left-handers. The golf ball often kicks further away from the target when on the ground and often finds trouble!



Primarily, a 'Hook' is caused by excessive spin being imparted on the ball by a Closed Clubface at impact. Depending upon the swing path, your ball might start towards the target as above, but quickly turns left, like a David Beckham free kick.

Aiming The Clubface



Let's identify the possible causes of hitting the golf ball with a Closed Clubface. Firstly, the clubface might be closed at setup. This is a common error, especially with the irons, as some golfers tend to focus on the top edge of the clubhead.

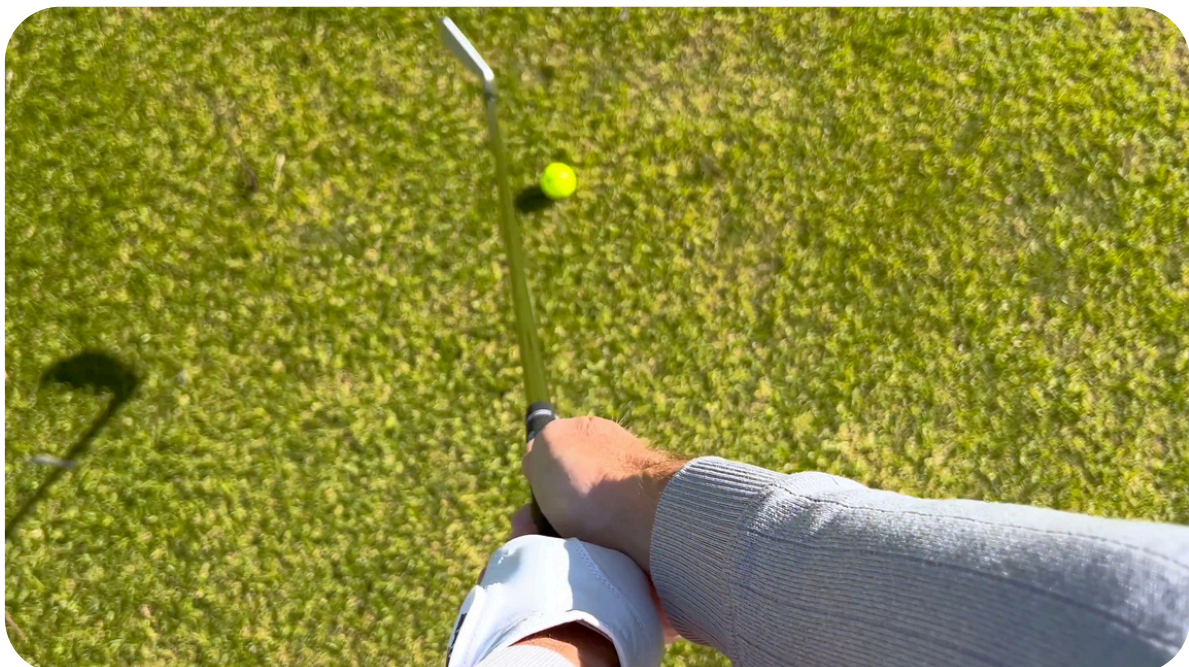


This is different to aiming the clubface with a driver, wood or hybrid, when the top edge should be used. When practising with an iron, place a Tour Stick parallel to the target line. Be sure to create a 'T' junction with the leading edge of the iron.

'Strong' Grip



We don't mean how tightly you should hold the club, although an overly loose or tight grip isn't ideal. A 'Strong Grip' is when one or both hands are turned to the right (right-handers) at address. For some players this can cause a nasty Hook.



If the hands are turned too far to the right, there's every chance they will return to a more neutral position at impact. This of course, rotates the clubface closed, thus imparting unwanted spin on the ball. 5° closed is enough to cause a Hook.

Flipping



Even with an orthodox hold on the club, it is possible to close the clubface with over-active hands. The club should be 'Released', rotating the clubface through impact. 'Flipping' is when this rotation occurs too early or too aggressively.

In-To-Out Swing Path



The 'Hook' can also be the result of an 'In-To-Out' Swing Path. For a right-hander, this is when the clubhead is swinging to the right through impact. If the clubface is aiming at the target, it is closed in relation to the Path and sidespin is imparted.

Ball Position



The Ball Position can also affect the clubface angle and swing path. If the ball position is too far forward, the clubface has more time to rotate before impact. This often causes a Pull-Hook, with the ball starting left, then curving further left!



A back ball position can cause a Push or a Hook, as this setup promotes the In-To-Out Swing Path. If the clubface is square to the swing path, a push or 'block' is the result but if the clubface is closed to path too much, a low Hook shot is produced.

Differential Training



How to fix your Hook? Assuming you've checked your clubface aim, grip and ball position, let's learn how to control your clubface through impact. If you're hitting Hooks, the quickest way to fix this is to do the exact opposite and hit a big slice!



You may need to start with slower swings for this, but basically, you're training yourself to keep the clubface more open through impact. This is not a pushed shot. The ball must curve through the air. Once you've done that several times, challenge yourself by attempting our 3-Ball Drill. The first shot is a SOFT Draw.

Shot Shaping



Yes, we know, you just want to hit the golf ball straight. In order to learn how to control the clubface consistently, you need to be able to feel and produce shots with a slightly closed and slightly open clubface. Your 2nd shot is a SOFT Fade.



Your 3rd shot should fly straight and true. This is supposedly, the most difficult shot to produce. However, with practice, you'll improve at hitting this shot. After all, the fade and draw shots require manipulation of the clubface, while the straight shot is played with a square clubface, just like your setup.

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'

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