



**FASTEST WAY
TO IMPROVE**

**STRIKE
TRAINING GUIDE**

Swing Depth



Step 1 to Improved Ball Striking is swinging the club at the right depth. It's critical for any golf shot to be successful, for the club to take the right amount of grass. Swing too low and the divot will be too deep. A swing too high results in a 'thin' or 'topped shot'.



Common causes for incorrect swing depth, include too much tension in the arms and shoulders, setting up with the stance too wide and excessive changes in posture during the backswing or downswing.

Using Your Shadow For Reference



Tension shortens the muscles and reduces ‘feel’ for the clubhead. An overly wide stance restricts rotation. Posture changes, such as ‘early extension’ obviously move the arc of the swing up and down. Let’s use your shadow for feedback.



Swing in front of a mirror or check your posture with video. The best way is to watch your shadow, whilst ‘cutting’ the grass with a club. This drill provides immediate, quality feedback on the stability of the head and posture during the golf swing.

Hitting the Turf After the Ball



Step 2 is ensuring that the clubhead strikes the turf, immediately after contact with the golf ball. To promote this, we place a broken tee just after the intended point of impact. Start this process without the golf ball.



If the clubhead hits the ground first, or too far after the ball, then the distance and control of the shot can be severely affected. To enhance proper turf interaction and 'compress' the golf ball, shift the focus forwards, with the aid of the tee.

Don't Fall For This Trap



It's important not to fall into the trap of placing the ball back in the stance or moving the torso forward, in an effort to hit the ball first. This is not ideal reducing 'lag' and clubhead speed. The golf ball should be slightly forward in the stance.



After several practice swings hitting just the tee and the grass, place the ball between the clubhead and the tee in the address position. Focus intently on hitting the tee, rather than looking at the ball. Better strikes are the result.

Ball Striking Feedback



Step 3 is more challenging but important too. The best strike point on the clubface is in the centre of the club laterally. Strikes towards the heel or toe of the clubhead affect ball speed, spin rates and accuracy.



This time, using 2 long tees, setup a 'Gate Drill', with the inside tee tilted to match the angle of the club's shaft. Once again, begin without the golf ball. Hitting either tee provides quality feedback on the position of the club at impact.

Feedback > Awareness > Control



It's quite challenging to 'feel' the difference between a toe and heel contact. Once the player can consistently hit the grass between the tees, introduce the golf ball. If the club hits the outside tee, a 'heel' strike is evident and vice versa.



Tour pro's consistently strike the golf ball in the sweet spot of the club through literally millions of practice shots. Without the time or inclination to train this way, the Fastest Way to Improve Ball Striking is through: Quality Feedback, leading to Greater Awareness for Improved Control.

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.

