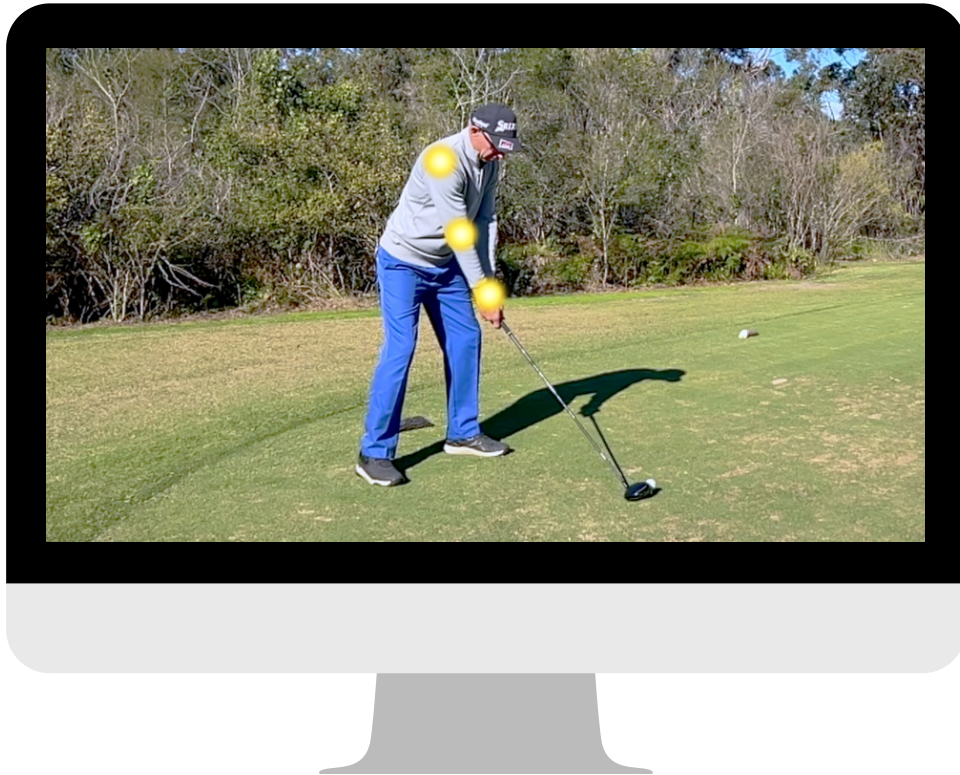




BIGGEST AMATEUR MISTAKES

GOLF DRIVING GUIDE

1. Shoulder Setup



Most golfers are aware that the ideal angle of approach into the golf ball with the driver is ascending. By hitting up on your drives, you can carry the ball further and keep spin rates to a manageable level. So, how do you achieve this?



You have likely been advised to play the ball forward in your stance to facilitate the desired upward angle of attack. That's great but your setup adjustments shouldn't end there. The 1st Big Mistake that many golfers make is to keep their shoulders level!

1. Shoulder Setup



As you move the golf ball 'up in your stance', it is easy to fall into the trap of 'opening' your shoulders when you move your club forward. This aligns the shoulders to the left for a right-handed golfer, a real problem for the swing path!



Everyone concerns themselves with the alignment of the feet, but shoulder alignment is probably more important. The swing path will typically track in line with the shoulders and if they're open to the target.....Here comes a Slice!

1. Shoulder Setup



To produce an ascending angle of approach and still achieve a consistent swing path, your shoulders should be tilted backward and behind the golf ball. This allows your entire body to be aligned parallel to the target for better consistency.



For an effective drill to ensure a good spine angle and hit 'up' on your drives, use an empty golf ball box. Place the empty box about 1 foot after the golf ball. The task is simple: Hit your drive with both clubhead and ball flying over the box.

2. Trying To Hit Too Hard



Trying To Hit The Golf Ball Too Hard with the driver has been a common fault for amateurs, since the beginning of the game. Unfortunately, extra effort often leads to excess tension and poor swing sequencing. Accuracy and consistency suffer.



The golf swing is essentially a throwing motion. So have a think about how tightly you would hold a ball or a stone when throwing it - pretty lightly eh? This allows the body to generate power in the golf swing from the ground up, like a pitcher.

2. Trying To Hit Too Hard



To reduce tension in the hands, wrists and arms, employ a 'Waggle'. Elite players, never 'freeze' over the golf ball, they're always moving. This is to keep relaxed and mobile. Experiment with other methods to get rid of excess tension.



Your goal should be to swing the club freely and easily. Swing fast! There's nothing wrong with producing clubhead speed. It's the 'Trying To Hit Too Hard' which can lead to issues like casting, hanging back and swinging 'over the top'.

3. No Release



This is the Biggest Mistake of all, for amateurs with the driver - No Release! This leads to mishits, loss of power, chicken wing, open clubface, etc. Unfortunately, it is very common for amateur golfers to look like this in the followthrough.



It's almost as if golfers are attempting to keep the clubface 'Square' through the impact area. This is not possible. You are standing side on to the golf ball. As such, the clubface should rotate substantially through impact! Check out this clubface!

3. No Release



If you have been swinging this way, with little to no 'Release' for some time, then it might take some time and practice to learn how to 'Throw the Clubhead'. Begin with a lofted iron and a half-length swing. You can move up to longer clubs later.



Hit short shots, focusing on extending the arms & club away from the body after impact. Notice how Glen's trail arm crosses over his lead arm and the clubface is facing behind him. Exaggerate the motion then gradually lengthen the swing.

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.

