

# Winning Golf Tips - Professional advice to improve all aspects of your game



**Get Private Label Rights (PLR) for this report**

<http://www.scotchmistdesign.co.uk/golf.html>

You have the right to distribute/resell this report in any way you wish but it must not be altered in any way (unless you purchase Private Label Rights from the link above or in this report).

You may sell/distribute this report via auction sites or include it in membership sites, again provided it is not altered in any way (unless you buy Private Label Rights). You may use this report as a free giveaway for list building or as a gift to your list. If you do this it must not be altered in any way (unless you buy Private Label Rights)

**"I GUARANTEE  
You'll Lengthen your  
Drive and Cut your  
Handicap by 7-12  
Strokes in Just Two  
weeks."**

Sponsored By  
**[The Simple Golf Swing](#)**

EBook For A Repeatable And  
Simple Golf Swing That Provides  
Power, Accuracy And Consistency

**[Click Here Now](#)**

## ***Introduction***

**Frustrated with your game? New to golf? You can quickly improve your game, reduce your handicap make golf the enjoyable game it should be, by following our clear and concise advice.**

**This guide contains advice on Fundamentals, Swing, Short Game and Putting.**

## ***Fundamentals***

### **Stance**

A consistent position helps develop a consistent swing. A square stance will encourage a square impact. Keep feet perfectly parallel to the target line. If you imagine standing on a train track your feet are against one rail the ball is next to the other. Develop a comfortable standing position with your feet directly below your shoulders with your toes slightly outward facing.

Position the ball 2-3 inches inside the left heel for most shots. If it is too far forward you will be more likely to slice.

Moving one foot slightly forward will enable either fade (outside to inside) or draw (inside to outside). Experiment with the shot direction on how much you move your foot.

#### **Do's and Don'ts**

Do always check the position of the ball using your clubs aligned on the ground.

Do take your time to settle into your stance and get relaxed.

Do be consistent with your stance.

### **Grip**

A good grip is the foundation of your golf swing, enabling greater control and reducing your tendency to slice. A good grip helps keep the club-head square at impact and stops the shaft from rotating in your hands.

The most popular grip used by professional golfers is the Vardon grip.

Place your little finger on the lower hand on the club (right hand for a right-handed player – known as the trailing hand) and place it between the index and middle finger on the top hand (known as the lead hand). The thumb of the lead-hand should fit in the lifeline of the trailing hand (the V). Look to get a relaxed and comfortable feel, a tight grip will hinder your swing. The V's formed by the index finger and thumbs on both hands point between the chin and right shoulder. Turning hands anti-clockwise on the club shaft produces a weak grip, promoting a left-to-right flight of the ball (slice). Turning hands clockwise produces a strong grip, promoting a right-to-left flight of the ball (hook).

### **Do's and Don'ts**

Don't grip the club too tightly

Do keep the rubber grips on your club handles in good condition. Worn grips cause problems by forcing you to hold the club too tightly.

Do get a feel for the grip by practising frequently gripping and re-gripping the club regularly.

## **Alignment**

When you are practising, make sure you use your clubs as alignment. Lay one club on the ground parallel to the target line and another from toe to toe indicating the direction of your stance. To indicate the ball position, lay another club at 90deg's to the target line extending backward from the ball toward your feet. Now check it all. When you are happy with the alignment you can lay a club across your shoulders, hips and thighs to check everything is aligned parallel to the target!

### **Do's and Don'ts**

Do check, check and check again, it will be invaluable to troubleshoot any problems.

Don't leave the club between your feet longer than necessary but feel free to leave one club on the ground parallel to the target line during practice sessions.

## **Swing Path**

To get a straight shot you require an inside to square i.e. hitting the ball squarely swing-path. An inside to outside swing-path encourages a hook, outside to inside swing-path a slice. Imagine a line extending through the ball to the target, your goal is a swing-path that starts on the inside striking the ball while moving slightly to the outside.

Also you can direct the ball with the club face - straight 90deg to the ball

Clubface open (>90deg) to ball encourages a slice or fade

Clubface closed (<90deg) to ball encourages a hook

### **Do's and Don'ts**

Do take some time and watch golfers practice. If you stand behind a practising golfer you can watch the variations in swing path and club face and see how it affects the shot, note the variations in swing path and divot direction to see the shots produced..

## Your pre shot routine

These tips may seem very time consuming at first but soon they will become second nature. When planning the shot ahead, look from behind the ball. Pick a target a few feet away (e.g. a leaf or divot) is easier and more accurate than aiming at 200 yards away. Stand about a foot behind where you will make your next shot and take a smooth practice swing or two focusing all your attention on the shot. Check the advice you have already learned above and build it into a routine, apply the thoughts and techniques in a particular order. Then and only then, take your final stance and start your shot. It is important to develop your own routine but make sure it is consistent for every shot, it enables the brain and muscles to develop memory.

### Do's and Don'ts

Do practice your pre-shot routine on the range you can 'zone in' without too many distractions. It is more difficult to develop when playing with other people or on the course.

## Fault Fixing

### Do's and Don'ts

Do firstly identify the problem (whether it is slicing, hooking, lack of distance, etc). Do verify the problem is there by asking another golfer to watch you take a few shots or video'ing yourself.

Don't ignore it, it bad habits can be difficult to shake off over time.

Do find the cause of the problem. Start with the fundamentals of grip, stance, balance, alignment, etc. Take some shots changing each fundamental one at a time.

Do plan your course of action.

Do practice it again and again, repetition will help you build confidence.

Do try to give it enough time to fix.

Don't be afraid of taking further advice.

Do look at the best golfer you are with and observe carefully. Check out for body position, stance, how high they lift the club and the motion used when they swing the club. Then apply it to your own game.

## Golf swing

You really do need to have a handle on the fundamentals before you will be able to move to perfecting your swing. Although there is no such thing as a perfect swing, every golfer does it slightly differently. Once you have read the tips and advice, you need to put those techniques to work. Practice as often as you can until your you have found what works for you and best swing has become second nature. You can never practice too much!

## Observation

Observe other players whether on the range, course or TV, you can always buy an instructional video. What are they doing that you are not?

### Do's and Don'ts

Do speak to other players, they will usually be happy to share some tips with you.

Do video tape golf on tv and watch them in slow motion.

## The Mirror

Practice your own swing in a mirror or video yourself so you can see the differences between what you think you are doing and what you are actually doing, you may be surprised!

### Do's and Don'ts

Do check back on a regular basis to see if any bad habits have developed over time.

## Head Position

Keep your head still and look straight at the ball. The position of your head should be straight in line with your spine, and your nose should be raised up a bit so that when you start to swing, your left shoulder fits under your chin. Don't tuck your head into your chest as you will not be able to perform a proper swing.

### Do's and Don'ts

Do try to lean your body slightly forward to try to find the best place to keep your head so it doesn't impede your swing but you can see the ball clearly.

## Relax

A very basic step but crucial to your swing and your game in general, easier said than done I know, especially when tee-ing off with an audience. However, relaxing your muscles will enable your body to perform exactly as it needs to perform a great golf swing. When you have lined up your shot and taken your stance, systematically think about relaxing every muscle group in turn from your feet, lower legs, upper legs, lower back... all the way to your head. Continue this flexibility through your swing and it will work wonders.

### Do's and Don'ts

Do try on and off course techniques, consider cardio exercise, yoga or meditation.

## Balance

Balance is very important through the whole duration of your swing, just like everything else it needs to be practiced. A good way to practice improving your balance is to get in the address position with your club (in stance with the club out in front behind the ball), relax your body and try holding it completely still for about 30 seconds (closing your eyes may help). Does it feel unbalanced like you have more weight on one foot or the other? Is one part of your body tighter or more tense than another? Adjust your balance accordingly so everything feels balanced.

### Do's and Don'ts

Do try slow practice swings to see if you get off-balance at any point during the swing.

## Wrist Strength

The wrists play several roles the wrists in your golf swing, but the two most important are:

Controlling throughout the swing and with the proper clubface alignment.  
Adding extra power at the point of impact.

You need to resist temptation to tighten your grip, so your wrists need to be strong to control the club throughout your swing. A simple exercise to improve wrist strength:

- Stand with a club at your side

- Lift the club up to 90deg by keeping your arm by your side, only using your wrist.
- You should feel the wrist and forearms taking the pressure, repeat 15-20 times as often as possible. Try longer clubs for more difficulty.

### **Do's and Don'ts**

Do try other gym based exercises to maximise your wrist, arm and torso strength.

## **Try reducing your backswing**

There is a tendency for inexperienced players to have too long a backswing. You may lose accuracy or balance by swinging too far. Try varying your backswing from very short to very long to see what suits you best. Twist your shoulders until you feel tight, this should be the place to start, don't rotate your hips to try to lift the club further. You can increase power by hinging your wrist up to 90deg to make them more flexible rather than keeping them locked. Keep it relaxed and you will notice the difference.

### **Do's and Don'ts**

Do experiment with different combinations of backswing and wrist flex.

## **Slow it down!**

If you swing your arms too fast, your body can't keep up, therefore you do not get the full power of your trunk and legs. You will also have difficulty keeping your club straight as it swings through impact.

Try this technique: hold the club at about waist height and swing the club, do it a few times and note how your body feels while doing it. As you swing, the club makes that sweet swishing sound, make a note of how it sounds. Now the challenge is to make the club swing faster, shift your body weight during the swing from the right leg to the left leg allowing your body to turn. By letting your arms swing freely you will notice the swishing sound is faster as you increase the speed of your body. Apply this now to your actual hitting swing, by increasing your trunk rotation but keeping your arms free.

### **Do's and Don'ts**

Do keep trying this until the swing becomes second nature.

Don't think about putting power into the ball, this will only speed your arms up again. Just think about body rotation and shifting body weight your arms will follow your body through. The body is where the real power comes from.

## **Trying too hard – topping the ball**

You really want to whack this next ball 100s of yards, but all you do is 'top' it and send it dribbling down the fairway. Why does this happen? It is usually one of two reasons. The first is down to poor stance (see above) because your body was not balanced when you assumed your stance position, leaning over too much. Your body instinctively tries to re-balance, raising up mid swing, your club comes down off the ground higher than you started, causing you to hit the top of the ball.

Another reason is because you set up with your arms extended, then bending your arms during the swing.

To stop this from happening, don't try so hard, stop trying to get too much power in the shot. Focus on getting the ball in the air rather than power. If you get every ball

airborne, rather than on the ground, you will be consistently hitting shots correctly, this will give you more confidence.

#### **Do's and Don'ts**

Do try to get it up in the air before concentrating on extending the distance.  
Do keep your arm extension the same throughout the swing.

<p><b>"I'll Take You By the Hand And Tell You Exactly How To Drop 7-10 Strokes From Your Next Round of Golf Instantly... Legally... And <u>Without Even Trying!</u>"</b></p>	<p>And <b><u>Break 80</u></b></p> <p><i>Finally, learn what THOUSANDS of golfers around the globe are calling the "best golf instruction" program ever.</i></p> <p><b><u>Click Here Now</u></b></p>
--	---

## **Short Game**

### **The Short Yardage Pitch Shot**

If you are 20-40 yards from the green, you may feel like you want to adjust your swing. Don't! Just make sure your club selection is right and use the same swing rather than 'poking' the ball and running the risk of 'topping' it. Take a relaxed grip and 'brush the grass' (try a test shot or two before) by getting the bottom edge of the clubface under the ball.

Now you have the swing, to change the distance you will have to adjust your follow through, this is one that you will just have to practice to perfect.

#### **Do's and Don'ts**

Don't be scared, you need a consistent approach so just use your normal technique.

### **Uneven Lies**

A great tip here is to align the shoulders to the slope of the hill. So, move your stance back or forward compensate for the hill. Adjust your clubface to be more open for downhill lies and closed for uphill shots.

#### **Do's and Don'ts**

Do adjust your feet slightly so you feel balanced.

### **Help I'm in a bunker**

Even, the pro's end up in the sand, don't panic! Turn out your toes and bend your knees over the toes, with the ball in the middle, strike the ball about 1-2 inches behind, the sand will come out with the ball and pop it right out!

#### **Do's and Don'ts**

Don't hit the ball directly as you may bury it even more.

## Chipping Around the Green

Take an open stance allowing you to see the hole. Set up your stance with ball in the middle and your body weight mostly on the left leg (if you are a right handed player). Position your hands forward, aiming thumbs backwards, over your left thigh, bend your knees and lean your upper body slightly to allow your arms to hang naturally. With your wrists firm, start the shot with a forward swing, allowing a low, slow and smooth follow-through.

### Do's and Don'ts

Do relax your arms and shoulders.

## Pitch and Wedge Shots

Only use your arms and up to maximum 70% power. Keep arms light, very soft and relaxed. Keep your hips and trunk facing away from the target until just let the arms flow through the shot. You will automatically line up your shoulders halfway through the swing and then follow through with your arms, hitting the ball towards the hole.

### Do's and Don'ts

Do concentrate on where you want the ball to go, the swing should follow.

## Playing from the rough

When playing from the rough, so you keep the as much power in the shot as possible increase your grip the deeper the rough is. As a general rule of thumb the height of the rough, play the same distance back from the ball ie If the rough is 1" high, play the ball back 1-2".

### Do's and Don'ts

Don't try too hard, you want to ensure you get the ball out at all costs, not end up somewhere worse.

## Tight lies and divots

Try using a punch shot by playing the ball 2-3" back towards the right foot from normal. This keeps the shot lower by producing a steeper downswing and compressing the ball quicker.

### Do's and Don'ts

Do resist the temptation to adjust your grip.

## Putting

The most often used club in every bag is the putter, therefore it is crucial to the success of your game to master it. The swing technique or type of club is very personal so do what suits you and stick to it. The following are a list of do's and don'ts for great putting.

### Do's and Don'ts

- Do line up the ball with the hole every time. Use the brand name or even a marked ball to line up with.
- Do play more break on fast greens, the ball will take shorter time to get to the same point so make allowances for this. This also applies to playing along slopes. Vice versa for slow greens, take this into account when you are reading the green. If it is a new course, watch how it affects other players.
- Do concentrate on the right speed before worrying about the right line, a putt that is slightly off line still has a chance of dropping in when the speed is right.

Even if it is a foot offline you will still have a tap in whereas if the speed is wrong you may still have difficult second putt.

- Do play more break on downhill putts and less on uphill putts. As above.
- Do make your short putts easier, like chess try forward planning, try to hit your long putts to the easiest place from which to make your second putt.
- Do take the final 'gimme' putt, don't pick your ball up when it is near the hole and assume you putted it. It will build your confidence and technique to 'know' you did it.
- Do be positive, putting is a mental game especially short putts, if you think it won't go in it invariably won't.
- Do try practice putting with your eyes closed, it amazing how it works without the eyes confusing matters.
- Don't stop upon contact with the ball, keep your stroke power consistent when following through the shot. Try to take your backswing at the same speed you wish to hit it and continue through.
- Don't practice on bad greens it will only dent your confidence.
- Don't change your mind mid shot, be committed, a doubtful strike will never go where you want.

<p><b>"I GUARANTEE You'll Lengthen your Drive and Cut your Handicap by 7-12 Strokes in Just Two weeks."</b></p>	<p>Sponsored By <b><u>The Simple Golf Swing</u></b>  EBook For A Repeatable And Simple Golf Swing That Provides Power, Accuracy And Consistency  <b><u>Click Here Now</u></b></p>
<p><b>"I'll Take You By the Hand And Tell You Exactly How To Drop 7-10 Strokes From Your Next Round of Golf Instantly... Legally... And <u>Without Even</u> <u>Trying!</u>"</b></p>	<p>And <b><u>Break 80</u></b>  <i>Finally, learn what THOUSANDS of golfers around the globe are calling the "best golf instruction" program ever.</i>  <b><u>Click Here Now</u></b></p>

**Don't forget you have Master Resell rights with this file, you can sell it or give it away- do anything you want as long as it not altered in any way.**

**Buy the Private Label Rights version of this report – so you own the copyright**

<http://www.scotchmistdesign.co.uk/golf.html>

**1000s of Fantastic  
Ebooks at LOW  
Prices**



**AssetEbooks**

[www.asset-  
ebooks.com](http://www.asset-ebooks.com)