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How to develop an excellent golf swing

By Jess Smith



The most effective way to keep your golf swing right on track is to follow the basics step-by-step. That creates an opportunity that will help identify your strengths and flaws when you handle your golf club.

How to Put Real Power Into Your Swing: Essential Golf

Watch on YouTube

www.essential.golf

Every part of the game is as crucial as the next that follows, and having an excellent golf swing is a bonus. If you have been struggling and are keen on improving your golf swing, then the following guidelines and techniques should optimize your swing and yield better results for ideal improvement.

Getting your hands right

Now, one of the foremost techniques is how you place both hands on your club because this determines how well you hit the ball and controls where it goes. To achieve an excellent golf swing if you're right-handed, you have to grip the club with your left hand pressing it down against your left side. Then make sure your club is at the same level as your hip, when you do this your thumb and forefinger of both hands will form a V-shape pointing back at you. The V-shape allows you to have a neutral grip on the club; this grip helps you to be consistent when you want to make a swing.

Let your posture and weight follow the club

Posture: right foot straight, left toe pointing out, knees slightly flexed, back straight.

The basic key is to make sure that your golf swing is moving backward. Your body weight also moves back. When you achieve this stance, let your head swing backward naturally alongside your shoulders to attain a full turn to the top. You must be cautious not to hold your head still because this will not spread your body weight and will reduce power from your swing.

Extend your hands going back

In a backswing, it is vital to consider the width of the swing at the top. When you are swinging back, always make sure that your hands are at a considerable length from your head. Doing this will keep the club on the right path and help avoid early release during the swing.

Golf swing down from the ground up

How you make contact on your ball relies on useful sequencing. To achieve proper sequence from the top, you have to hit the forward swing from the ground up.

You are starting with your feet and legs and then your hips, which should slide slightly toward the target. The main aim is for the torso to turn through.

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