

Problem Golf Swings: Easy Corrections

If you've ever watched the PGA Tour, you've probably wondered how those golfers came to be so proficient, making swing after perfect swing. Were they born natural athletes, or did they, like most of us, struggle to correct their problem golf swings?

Rest assured, even the PGA pro golfers have learned from those who swung before them, and have used some of the following tips to correct their own problem golf swings:

* Back to Basics

Let's say you're spending hours practicing and playing, but still can't improve your hits. Maybe you need to get back to the very fundamentals of the sport. Most problems begin with improper stance and grip. It's important to identify the strokes that end in your own "worst case scenarios", and begin to focus on improving them. Consider your tempo. This is the proper coordination of the moving parts of your, in relation to the speed and timing during a shot. Don't be too anxious while hitting the ball. If you miss a shot, try to relax. When you're feeling at ease, try the shot again.

* Watch Your Weight

The way that you hold your body and position your weight has a direct (and often negative) effect on your shot. A common cause of problem golf swings is simply misalignment of the body. If your body and swing plane are not in line, your shot can easily turn to the left or right. Avoid standing too close to the ball, and try to shift your weight onto your heels.

* Steady as She Goes

Avoid swaying your body when hitting the ball. The slightest unnecessary movement may result in a poor shot. While it's natural to move your body while swinging, be careful to minimize any side-to-side movements. Keeping your feet planted together can help to keep a steady stance.

* Pace Yourself

This tip requires some concentration and practice, but the results are well worth the extra effort. Be sure to keep a constant pace while hitting the ball. Don't decelerate on the down swing. This can lead to "fat shots", or hitting your golf club into the ground before the ball, an error that is not only embarrassing but also potentially dangerous.

* Keep Your Distance

Problem golf swings may result from "pulling" or "pushing" the ball. Check the distance of the ball, and your stance, before making the shot. Make sure that your body is parallel to the target line. For pulling shots, give yourself enough coil while making your back swing.

If you find yourself losing distance on a shot, relax your body and always make a full turn. Remember that you're not swinging at the ball; you're swinging through it.

* Eyes Down and to the Ground

This is one of the basic rules of golf, and one that many golfers admit as their number one mistake. Never look away from the golf ball. Once you've established where you want the ball to go, focus only on the ball and remain concentrated on the hit. Your eyes should remain on the ball until it is out of sight.

* On the Level

Creating a swing path that's too steep can create problem golf swings. If you find that you're smashing tees into the ground, your swing path is likely too steep. This can be easily fixed by keeping your hands from getting too far ahead of the club while attempting to make a hit. Keep your back swing shallow, and keep your shallow swings constant.

Pro golfers aren't born; they're created through patience, practice and tried-and-true methods. They've all experienced challenges on the golf course, just like you. Learn from those that have hacked before you, and use these tips to correct your problem golf swings.