

FULL SWING: CURVE YOUR WAY TO BETTER TO GOLF

Over the years, many golfers have asked me, "What is the most important thing that you work on to improve a golf swing?"

Is it the plane, the grip, the posture?"

The answer to all of those questions is yes. BUT my main priority is to change the flight of the golf ball. If it curves too much in either direction or flies too high or low, that is what I change. If you are not trying to change your ball flight, then just look at your next practice session as another form of exercise. But if you want to start hitting better shots, then follow my plan and you will be well on your way to playing better golf.

First, you need to identify what is your normal ball curve and the trajectory of the shot. If you don't know which curve is your normal tendency, then imagine yourself behind a tree and you have to curve the ball around the tree to get on the green. All golfers tend to either hook or slice the ball. It's possible to hit straight shots from a swing that favors

one curve or the other, but compensations are needed to be built into them for that to happen.

Second, now that you have identified your critical ball flight error, you will need to learn how to swing your club to produce the opposite curve. For instance, if you favor a slight fade and over time it grows into a 20 yard slice, how are you going to correct that if you don't know how to put some hook tendencies into your swing?

So if you need more hook in your shots, swing the club up more in the take away, feel the club circle behind you in the backswing and point to the right of the target at the top. This will give you room to swing down from the inside and square your left hand earlier before impact to produce a hook.

If it is a slice you need, swing the club up in the

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beginning and feel your arms stay out in front of your turn in the backswing. At the top, point the club to the left of your target. In your down swing, turn your body through the shot first and swing the club to the left of your target. This will slow down the

release of the club head and favor a slice.

Having the ability to curve your ball in either direction has a twofold advantage: one, it will keep your normal swing in balance and, two, it will give you more opportunities to keep your ball in play, which will result in lower scores.



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