

Advanced Distance Secrets

A Guide To Hitting The Long Ball!

By My Golfing Store Inc.



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Chapter 1 – Introduction

As a golfer, you know how frustrating it can be if you are hitting the ball too short on each drive. It can cost you more shots per round causing fatigue, a longer day and a really bad score. If you need to learn how to hit the ball a bit further at each hole, you need to read this e-book.

The purpose of this e-book is to teach you how you can improve your shot to give you at least an additional 50 yards every time you hit the golf ball. There are a lot of factors that must be considered when you play golf. In this e-book we are going to give you a 5-step process to help you maximize your distance in each drive. After reading this e-book you will not only be able to implement these techniques into your drives, but with other shots on the course as well!

These factors include the type of ball you are using, your stance, swing, how to power drive, and of course, how to fix your slice. Just one of these factors being off can cause you to have less of a drive than desired. Don't worry though, because everyone does this from time to time, even the pros.

This e-book should be used as a guide to help you understand how you should use the fundamentals of a better golf swing to increase the distance in each shot. You will learn how the club should be facing to achieve specific shots, how to hit over a tree, how to hit it high and straight or low and far, and down the fairway with complete power. You will also learn where to put the weight in your body throughout the entire swing.

You might be giving it all you've got in your shot and still cannot hit the ball as far as you would like. You might think you need to lift weights and build up the muscles in your arms. However, this is not necessarily true and we are going to help you maximize the power that you already have.

The power in your shot isn't about how strong your arms are. It is about the right combination of stance, swing, the way you hold the club, and all the other aspects that we all hear about on a lesson-to-lesson basis.

When you have just the right swing you will find you can drive the ball as far as you need to when you golf. You can get the additional distance you are looking for when you know how to make the key ingredients work for you in your golf game. Everyone's swing can be different but it's about applying the right fundamentals at the right time.

Those additional yards will mean less strokes and lead to a much better score. You will be amazed with the improvements on your game!

Chapter 2 – The Ball

You might have an amazing swing but it won't do anything for you if you aren't using the right golf ball. There is no reason to be wasting a perfect swing if you are not using the right ball.

When you are golfing with the right golf ball it can take a few strokes off of a round. There are many ways to tell which type of golf ball you need to use when you play the game. These also will make a big difference with the distance you achieve when you hit the ball. Let's break down the golf ball and see what's right for you.

The Cover - There are two main types of golf ball covers: Surlyn and Urethane. Surlyn, an ionomer resin developed by DuPont, has been used to cover golf balls since the mid-1960's. Surlyn covers are the most durable and afford lower spin off the tee. Urethane covers, typically found on higher-end balls preferred by more skilled players, offer a softer feel and greater control.

The Core – The core drives compression, which refers to overall density. Higher compression balls are generally for more experienced golfers with faster swing speeds. Golf balls briefly transform shape at impact and the core needs to support this energy transfer. Golfers with slower swing speeds looking to gain distance tend to lean toward lower compression golf balls that maximize the spring-like effect created through impact.

The Construction – This is how construction affects performance. We have two types of construction to choose from. They are the two-piece construction and the multi-layer construction.

Two-piece golf balls are ideal for beginners and high-handicap golfers with slower swing speeds. A larger core maximizes distance while minimizing spin and movement. A thicker cover provides added protection on wayward shots.

Multi-layer golf balls are ideal for mid-to-low handicappers with faster swing speeds. The core/mantle layers elevate control, feel and shot sculpting. A thinner cover enhances spin control and provides soft, crisp feel.



With all that being said, how do you know which is the right fit for you? The first thing you need to think about is - what you are looking for? To choose the best golf ball, think about the areas of your game where a slight improvement could lead to lower scores. Skilled golfers may want to focus on finessing shots around the green. Better pitches and chips could be the key to consistently breaking 80.

What type of shot do you tend to hit when you're 40 yards out? If you like to stop the ball on a dime, a high-spin, multi-piece ball will give you the added control you crave. But, if you prefer to roll the ball at the pin with a chip-and-run, spin will be slightly less important.

If you are a beginner or high-handicapper, your primary concern is most likely hitting the ball straight. Low-spin, distance golf balls are designed to reduce the sidespin that exaggerates slices and hooks, and they can help produce longer, straighter drives. Because you're still learning control around the green, a low-spin ball will serve you just fine.

If you are looking for more distance in your swing and you have a higher handicap, you need more control on distance and durability. This means you need a hard cover ball. A two-piece ball includes a hard cover, which will not create as much backspin. This way, you will be able to hit the ball a longer distance than you did before.

When choosing a ball to use, the weather may also play into your decision. You'll want to look at the conditions of the golf course. If the course has been soaked in rain, the ball that will produce the least amount of spin and travel further will be your best choice; this is the two-piece.

If the golf course is rock hard and scorched from the sun, a softer ball will be the best choice. This is because the softer ball will land softly and spin rather than bounce.

Another way to determine which ball to choose depends on your swing. If you have a relatively slow golf swing, you should consider the two-piece ball. Distance is essential and with a slow swing you need a ball that will help you travel further. When you are on the greens, the disadvantage will be that the ball will not spin very much as you work closer to the hole.

Golfers who have a swing that is tour-like will swing 110 mph and higher. These golfers have the ability to compress their drives and long irons. They usually benefit more from using a softer ball. Some of these golfers use a three or even a four-piece ball, which allows them to generate around the greens easily.

Another consideration you will find with balls is the price. The softer the ball is and the more pieces it contains will be more expensive it will be. These multiplayers can cost more than \$40, while the two-piece balls can run around \$20.

When choosing a golf ball, consider this... You may lack distance in your play because you are using the wrong type of golf ball. A more expensive ball may not be the answer. The softer and more expensive golf balls are for the professionals who can swing the club over 100 mph.

You might think the most expensive is always the best, but if you are not one of the best, they will not help you. The best ball for a slow swinger is a cheaper two-piece golf ball. This ball will help you add distance to every long shot.

Chapter 3 – The Clubs You Choose

There are many things that need to be considered when you choose a set of golf clubs. These things include how to choose the right set of golf clubs. You need to know the differences between the different types of clubs, the materials, and more.

Understanding these things can help you make a better decision which clubs are right for you. You also need to know how to use your irons which includes the different positions and more.

The first thing you need is a basic set of golf clubs. There is no reason to carry more than 14 clubs in your bag at a time and it is actually against USGA regulation if you do.

The shaft of an iron can make all of the difference in how far you are capable of hitting the ball. There are two primary types of shafts, which include the steel and graphite.

Steel shafts are strong, provide more durability, and they are cheaper clubs. A set of clubs with steel shafts will provide greater consistency from each shaft. You might even have more control on your shots.

The thing about steel shafts to remember is that they are best for golfers with a faster swing. If you want to generate a good distance with these types of shafts you should be a strong golfer who is looking for control in your game.

Graphite is lighter than steel and is actually made in different variations. These clubs are more expensive and they are not as durable as steel. Because of the lightweight the graphite shafts allow for a faster swing, which results in a bit more power.

You might be sacrificing a bit of control when you swing the club because of the speed. Graphite clubs are also much better if you want to absorb the shock sent to your wrist from the club after impact. Gloves also help with this.

Another thing to look for is something called flex. This is the bend in a shaft, also known as the whip. The flex of the shaft must match the speed of a golf swing. A flexible shaft is perfect for a beginner golfer who has a slower and less powerful swing.

The average golfer has a swing around 75 mph to 90 mph which requires a regular shaft. A stiff or firm shaft should be used for golfers who have a swing over 90 mph. The stiffer the golf clubs are the more control the golfer has over

the ball.

Buying The Right Driver

How important is the modern golf driver? Are we still just driving for show? Or is the driver the foundation of a good set and a good game?

Advances in sweet spot technology, size, launch angle, composition, ball speed and forgiveness are just some of the categories that manufacturers now spend vast amounts of time and money researching and developing.

The result is a vast array of drivers on the market each with their own features and benefits. We are spoilt for choice as to what driver we should use in today's market, and finding the right one can increase your drives for shorter approaches, more distance or perhaps being able to get up to that testing par 5 in two.

While it may just be one club in the bag, it is typically the most expensive. There is a lot to consider when buying a new driver so here are the key facts you need to know.

What head size is right for me?

Club heads are measured, by volume; in cubic centimeters (cc) with a maximum limit of 460cc. Almost all drivers in today's market are between 440 and 460c. Typically, 440cc drivers are designed for players that like to shape the ball more in the air as they generate different launch conditions compared to 460cc heads, which generally offer more forgiveness.

As the limit is on volume, the shape of the head will vary depending on the vertical and horizontal depth of the head and the level of forgiveness and launch conditions the manufacturer wants to achieve.

What is the best material?

Driver technology has moved on a long way since persimmon woods and even the first metal woods that were made from steel. Now virtually all drivers today are made of titanium or composite heads.

The reason titanium became so popular is that it is strong, long lasting and lightweight. It allowed companies to increase the size of club heads without increasing weight, meaning players could swing faster, produce more distance and have greater margin for error with a larger sweet spot.

Composite drivers are clubs that combine several different types of materials. Lightweight materials such as carbon or heavyweight materials such as tungsten are often combined with titanium to improve driver performance.



When used on the crown or the rear section of a club head, carbon can reduce the overall weight of a driver. This allows companies to alter the weighting or center of gravity of a driver, whilst using a titanium face, to produce optimal ball speeds. Heavier materials such as tungsten can help increase a club's perimeter weighting which will increase MOI.

What is MOI?

MOI stands for Moment Of Inertia. It refers to a club's forgiveness, specifically its resistance to twisting at impact. The higher the MOI, the less likely a club is to twist or rotate when you strike the ball away from the center of the face.

What Are Launch Conditions?

Ideally you should be custom fitted for your driver and during this process you may hear the phrase "Launch Conditions". This is a combination of factors that determines how the ball is struck and what the result will be.

There are many factors that create launch conditions but the keys ones are ball spin and launch angle. The Holy Grail for spin is 1700 rpm with a launch angle of 17 degrees but that is not currently possible at normal swing speeds. The current ideal is considered to be fewer than 3000 rpm with a launch angle of 10-12 degrees depending on your club head speed.

What loft should I choose?

Loft dictates how high or low the ball will fly off the clubface and is measured on a vertical axis. A clubface with 0 degrees of loft would sit perpendicular to the ground, but most drivers typically range in loft from 8 to 12 degrees.

Loft adds backspin to the ball enabling it to generate lift and rise into the air. The more loft you have, the more backspin you will create. Therefore golfers with slower swing speeds of around 90mph or less will need more loft to optimize their launch conditions. Typically, these golfers should select higher lofts of 10 degrees or more.

Lower handicap players or players with swing speeds over 90mph may be better suited to lofts below 10 degrees. Their faster swings produce more spin and distance, meaning they do not require as much loft. However loft is not the sole factor in how ball will fly as that depends on the launch angle.

Face Angle

Face angle refers to the angle of the face at address. If the face sits completely perpendicular to the target, it is considered square. If it turns the face away from the player then it is said to be open and this will reduce the loft of the club.



If it turns the face towards the player it is called a closed face and adds loft to the face.

While face angle is largely determined by a player's preferred look at address, it can have some impact on ball flight. For players who slice the ball, a closed face angle can help them square the clubface at impact and not lose the ball to the right. Vice versa, if a player tends to hook the ball left, an open face angle can help straighten their impact position.

Weights

The ability to alter or move weight in different parts of the club head, thus changing the club's center of gravity and MOI, can have a significant impact on ball flight. How the weight is adjusted or positioned, the goal is to find the optimal center of gravity at impact to produce the best ball flight for your game.



Various weight and plugs ranging from 1 to 20 grams can be positioned on the sole of the driver, and altered to fit your game. They can create a draw bias (more weight in the heel), a fade bias (more weight in the toe) or even a higher ball (more weight in the back portion of the head). Each manufacturer has their own way of using adjustability and weights.

I know we just threw a lot of information at you but it's all good knowledge to have when selecting the driver perfect for you. I remember my first driver; I didn't have a clue of what the advantages or disadvantages were or if it was even right for my style of play!

Choosing the Right Irons

The irons are used for the golf shots that are shorter. These might range from 200 yards or even less than 100.

The ability of the golfer to hit the distance and the loft of the club head will be the determining factors for choosing the right iron. There are many types of irons, which include the cast irons, forged irons, blade irons, cavity back, steel, graphite and so on.

The cast irons have a cavity back construction, which is also called perimeter weighting. The weight of the head is mostly around the outside. The cast irons have a larger sweet spot because more weight is put around the edges of the clubface. These irons are best for beginners who miss the ball and they are also more forgiving than the forged irons.

There really isn't a weight distribution that occurs with the forged irons on the back of the club head. The center of gravity occurs in the center of the club head. An advanced player can use a forged iron for better trajectory because of the weight begins higher in the face. This iron allows for more accuracy also when you have missed hits.

We all know that the newer irons come in all different shapes whether it be heavy, fat bottomed, skinny bottomed you name it. For these, I would just recommend going out and trying a few different styles at your local store as it really boils down to personal preference.

Wedges

There are many different types of wedges now and my 60-degree and pitching wedge are my personal favorite clubs! Wedges are used to get you out of a tough spot and sometimes it may require a bit of a distance. The different types of wedges include the pitching wedge, sand wedge, gap wedge, and the lob wedge.

The pitching wedge is used for longer wedge shots from 125 yards. The sand wedge is used for the sand.

The gap wedge is considered a compromise between the sand and the pitching wedge.

The lob wedge might be used over an obstacle like a tree where you need some height weight the ball in the air but not quite so much distance.

If you're not using a 60-degree or club similar to that currently in your game, you're really doing a disservice to yourself. They can be tricky to master but what a game changer they really are. Time and time again, our students come in and we ask them to take out their 60-degree or whatever and they state they don't have one!

They are so beneficial around the green as you have much greater control on where the ball will land and eventually stop.

Which Iron to Use

When you are using an iron there are different considerations based on how you need to hit the ball. There are three irons you should understand which include the short iron, mid-iron, and the long iron.

When you use a short iron the ball will be in the middle of the stance and the club will be slightly behind it. The right ball position is smack dab in the middle of your stance (see pictured below).



The apex of your swing should be a couple balls forward. This means that you will hit the ball at a steep angle, producing a big divot. Your feet will be closer to the ball than they will be when you use a long iron.

The mid sized iron is used slightly different. The ball will not be right in the middle of your stance but it will be slightly forward. The longer the iron is the more forward the ball will need to be. You will still hit the ball with a hard blow but not as steep as you need with the short iron. The divot will also not be as deep either.

When you use a long iron the ball will be furthest from you. You want to hit the ball in a sweeping motion rather than hitting down on the ball. The best way to hit the ball is right at the apex of your swing arc.

There is not need to force the ball up by hitting the ball on the upswing. The ball will automatically become airborne because of the angle of the attack of the way you hit the ball.

Chapter 4 – Stance

The way you stand can make a big difference on the way you hit the ball. It can also dictate the distance of your shot. Your Swing means everything. The way you have your feet, you hold the club, where you are looking, and even how you shift your body weight all come into play when you hit the ball.

Your stance is very important when you intend to hit the ball. There are three different stances you should know which include square, open, and closed. One thing to consider is that it is usually best to use the same stance as the same clubface alignment.

For example, if you are using an open stance then you should use an open clubface. Never move the clubface angle in a position that contradicts the way you are standing.

When you use a stance that is square to the ball's target line you will influence the club to swing down the line a little bit longer than when you would if your stance is open or closed.

Below you will see Matt using his alignment aids to have him square up properly to the ball. I like using the alignment aids, as sometimes we don't realize we are slightly open or closed when we don't mean to be. Also, you will see Matt is titled slightly back. This will allow him to grab the ball after the ground and give it some extra distance.



If you were to measure where most golfers were actually aiming you would see the square stance is most commonly used. An open or closed stance will actually influence the shoulders to follow through properly.

An open stance should be used when you are moving the ball from left to right. When you use an open stance you will align your stance slightly open. Your shoulders will swing the club across the ball. The wider your legs are the more open your stance is. The more open, the wider your shoulders will be also.

An open stance is a good solution for someone who tends to over swing on the ball. The curvature and the trajectory of your shot also depend on the amount you rotate the clubface when you address the ball. When you open the clubface you get a high trajectory but a shorter shot.

A closed stance is the best way to stand when you are moving the ball from right to left. That means your stance is slightly closed to the target line of the ball.

When your stance is closed your shoulders swing the club from the inside of your body. A closed stance is the best solution when you are trying to pick up distance on your swing. These shots will have less height but travel further.

The Best Posture

There are a few things you need to do in order to have good posture when you are preparing to hit the ball. You need to think about standing tall, bending, and your posture.

If you want to hit the ball well and get the distance you need to stand properly with perfect posture. If you do not have the perfect posture there will have to be some type of compensation in your swing if you want to deliver the ball on the right path.

You must have a perfectly flat back while you are standing. Flatten your back up against your iron and be sure it is flat. This will help with your posture.

When you hold the club and as you move you need to bend from your hips. Bend from the hips as you bring the club to the back and head. If you are someone who rounds their shoulders or maintains straight legs the club will not be able to remain in place.

You have go to flex your knees in an athletic looking position. Flex your knees into a position as if you were playing baseball waiting for someone to hit the ball to you in the field.

Now you have a flat back and your legs are flexed. The angle between your chest and your club should be at a 90-degree angle. Your belt and your club shaft should also be on the same plane. I recommend filming yourself or checking your posture in a mirror if you are not sure if you have the right stance.

The Grip of Your Golf Club

The grip is one of those old boring topics in golf but it is actually pretty important. If you want to improve at golf, we need to make sure our fundamentals are in place. Also, your grip can be robbing you of distance and accuracy not only off the tee but in every shot you take. With that being said, I just wanted to tough on the different types of grips.

There are three different types of grips when you hold a golf club. Not everyone uses the same grip. When you are using the proper grip on your golf club it will feel natural and very comfortable to you.

There are certain fundamentals that you should use in order to have the right golf grip. The different types of golf grips include the overlap, interlocking and the ten finger grip (see pictured below).



Overlapping Interlock 10-Finger

The overlap grip is the most common grip for most players. This grip became popular around the turn of the 20th century. This is also the most common grip taught by instructors for beginners also. The club is actually held in the fingers.

To use the overlap grip you will place your lay out your hand and lay the club in your fingers with your pinkie finger opened. The thumb will fit on the lead hand that is gripped around the club. The lead hand's thumb will fit in the lifeline of the trailing hand. If you are a right-handed golfer, your lead hand will be your left hand.

The interlocking grip is the next most common grip. This grip is popular with the professional golfers. This grip interlocks the hands together. There is risk involved with this grip because the stray could lead into the palms of the hands. This style of grip is preferred by most people who have weak forearms and wrists, small hands, and for beginners.

When you want to use the interlocking grip you will take the little finger on the trailing hand (if you are right handed, the trailing hand is your right hand) and intertwine it with the index finger of the left hand or the lead hand. The thumb of the lead hand will fit into the lifeline of the trailing or right hand.

The ten finger grip is also known as the baseball grip because you will hold the club as you would a baseball bat. This is most preferred among the golf instructors.

There are advantages to this type of grip. Instructors prefer this grip because it makes instruction easy. When learning the interlocking grip it can be confusing and cause problems. This is a basic grip and easy to do. Someone who experiences joint pain, arthritis, weak hands, and other problems may prefer this type of grip.

When you use the ten finger grip you will position your hands properly starting with the lead hand grip. Place your little finger against the index finger of the trailing hand. Both hands will grip the club tightly and be pushed up against one another.

Chapter 5 – Your Swing

There are many ingredients to a good swing. You can have great shoes; clubs, balls, the best equipment in the world and these things will not matter if you have a bad swing. If you want to add distance to your shot you need to focus on your swing with each and every shot. We all know that we can be taught good mechanics in golf but without practice, you're wasting your time and money.

Many golfers spend years trying to perfect their swing. This can be a life long challenging objective. Focusing on a few simple things can help you minimize any chances of missing the ball, slicing the ball, and not getting the distance you are trying to achieve. This will result in fewer strokes taken on trying to get the ball to the green.

The most important thing is your posture. Be sure you have excellent posture before you hit the ball. Align the club directly in front of you as you stand with your back perfectly straight. Your left arm should also be extended and straight. You should be comfortable in this stance.

Pictured below you can see Matt is using an alignment aid to tell if he is set up square or not. You can see that I am standing tall with a flat back and a slight knee bend in my stance. You will also see that my front arm is locked in straight.



Now if you're looking for extra distance, you will want to tee the ball up slightly higher than normal and give yourself a slight tilt in your stance. One of the best ways to do that is to get in your stance. Drop your back arm to your knee and then bring the hand slightly down past the knee (see pictured below). This stance will allow you to catch the ball on the upswing and give it that extra flight we are looking for.



It is important to remember this swing is designed for a right-handed golfer. When a right-handed golfer is in this stance and practicing this swing a left handed golfer can stand directly in front of this person and look as if you are standing in the mirror to achieve the exact same results.

You will lift your left shoulder while you are lowering your right shoulder. You will not put your weight on the right foot or lean to the right either. Be sure your stance remains straight upward as you lift and lower your shoulders vertically. While you are lowering the right shoulder, your right arm will be touching the lower right side of your stomach.

With this form you will be sure you are in the proper starting posture. This will also be almost the same posture when the club makes contact with the ball. Thinking about this stance helps you reduce any possibility of missing the ball or resulting in a poor strike.

The plane is the area that surrounds the body, chest and stomach. This is your next focus. You need to see three points; the handle, the spot where your arm is touching your stomach, and the far side of your right hip. These three points

are the swing plane.

As you swing the club you will pull it back bending your right elbow slightly maintaining a straight left arm. The clubface will actually come up over your head. When you come down in your downswing this is where the force and the speed of the swing come into play and it is a very important factor of your swing.

Be sure you come down with force on the shot as you extend your right arm. Your weight will actually shift to your right leg. As you make contact with the ball you will follow through with the club.

Your left arm should be used to guide the swing also. Your torso will turn toward the fairway as you would be watching the ball in flight. In the follow through your right arm will be straight and your left arm will now be bent.

Practicing your swing is very important. There are many reasons your swing could be the cause of not enough distance. You don't have to be hitting a ball to practice your swing.

However, you can spend hours at a driving range to practice your swing with the different types of clubs so you can get a good idea of the distance you can hit the ball with the different sizes of clubs.

Practice is everything when it comes to your swing. If you don't know how to properly swing the club then you may never get it right.

Your hands should remain low in the follow through of your swing. The higher your hands are the more trajectory you will have in the ball. The importance is distance. You want the ball flight to remain low.

It is also important to be sure you are on the plane at the top of your swing. If you want to guarantee accuracy and a solid strike you must be on plane as you reach the clubface at the top of your swing (above your head). Your right forearm should be parallel to your spine.

Your left wrist should be flat and your elbows and arms will form a tight triangle. When these factors are true you will also ensure you rotate your shoulders properly in the backswing.

Your body provides the power when you use it properly. You do not get your power from your arms. In order to use your body properly you will put the club behind the ball at address. Your body will be in a dead stop position.

You cannot move the ball in this position comfortably. When you use the club

with your body you will find that you can get the ball in the air more consistently. On your downswing you will also turn fully.

You also need to gain control over the length of your swing if you want a solid contact with the ball. The left arm and the club shaft should have a 45-degree angle upon setup. This will start the swing with the wrists hinged halfway to the 90-degree angle you need to be at.

In the takeaway the hands will remain close to the ground while the club head moves upward quickly. The goal is to have the left thumb pointed down at the right shoulder as quickly as you can.

The way you can tell if you achieve this properly is by looking at your left arm. It should be parallel to the ground and the club shaft should be perpendicular to it also. You will hinge your wrists in the backswing and this will result in a consistent distance and direction on all of your iron shots no matter the distance.

Part of your swing needs to focus on the right elbow and the shoulder tilt. You need to be sure you do not have a faulty shoulder that causes you to slice the ball. The best position for the right elbow is inside the seam running down the right side of your shirt.

When your elbow remains in the seam of your shirt this will allow for the shoulders to turn level to your spine. This will make it easy to drop the club inside on the downswing which will result in maximum power and as much control as possible.

If you have a solid plane you will not slice the ball. This is a factor that can help avoid the slice anyway. At the point of contact you want to be sure you do not have an open face. The swing path often tends to come too much on the outside, which can cause problems with your contact and direction also. Every golfer's swing path must come from the inside.

When you are in your backswing it is important to remember not to stiffen your leg. If you do stiffen your back leg you will tilt out of balance. This will make it difficult to re-bend your knee upon impact of the ball.

Many golfers refer to the angle you form in your back leg by the upper and lower leg the special K. The angle should be maintained from the moment of address to after the impact in order to maintain a level swing. The best way to practice the special K is to swing in the mirror and watch your position. Imaged below is Mike in the special K set up.



When you are in the setup of the special K your body will look like you are in a position that is ready for action. At the address you will flex your back knee while you swing. All your body has to do is rotate if you are prepared correctly. Your lower leg needs to be straight up and down. This special K position unlocks your hips so they can rotate properly.

Upon impact the arm that trails needs to snap straight to release the power into the ball. The back kneed will kick toward the target while remaining in the special K flex. After impact both of your arms will be straight and the club head will be below the hands. The butt of the club should be pointed toward the middle of the body.

You will also maintain the special K position in your backswing. This will allow your elbows to remain level near the top of the swing. This will result in keeping the clubface from twisting out of the position you need it to be in.

Using the special K position of the backswing will help the club shaft travel along the right swing path as you gradually gain power while the club ascends to the target.

Typical Problems with a Swing

There are many factors in a swing that can cause you to lose distance with your shot. These things can be easy to fix if you can identify what you are doing wrong with your swing. Here are many different things you might do with your swing that can be repaired.

A reverse pivot occurs when you turn your body too far and you do not shift the weight from your left front foot. This will force you to lunge behind the ball and actually scoop it. This is known as a fat shot. You might even pop the ball up on accident when you do this.

If you want to avoid a reverse pivot you will need to manage your weight properly when you swing the club. The most of your body mass needs to shift to your back foot during your backswing.

You must remember that shifting and sliding aren't the same thing. A proper weight shift occurs when you turn. The body will turn away and the weight will naturally move to the back foot.

Turning is a big factor when it comes to power. As you turn and move shift the weight you are loading your back leg with torque. This puts you in the best position to come down hard and fast on the downswing for the unwind. When you turn properly you will unwind faster and hit the ball harder.

You can also lose distance in your shot when you have a late wrist cock. This can also result in swaying. This component of a swing is the most overlooked but is very common. An amateur golfer may think the less wrist cock the better accuracy but this is not the case.

When you cock your wrist properly it can actually help you rotate your body more effectively. This will also increase the speed to the ball. You must set your wrist earlier. Once your hands reach your waist in the swing they should be in the 90-degree angle. Your left arm will be straight while your right elbow still tucked into your side.

This will provide for an efficient rotation while you swing. The wrist cock also helps you prevent dipping your shoulder also. The proper wrist cock allows you to swing with a level shoulder plane.

When you release too early you can also lose power in your shot. Releasing your hands too early is a myth many amateur golfers thing is the right thing to do. You are at risk of losing your club too. The cause of this may be from an overactive right hand.

The best way to avoid a problem of releasing the club too quickly is to turn your body prior to releasing the hands. It is about turning the body.

Chapter 6 – Power Driving

Driving is one of the most important aspects you need to conquer when golfing. You need to be able to have a power drive to hit the ball straight and with distance.

Many people have a hard time hitting the ball a long distance and find this is where they find they add the most extra strokes onto their play. If you could just hit the golf ball a little further then you would have a better game. There are many ways you can focus on your drive to make your game more successful and enjoyable. I am going to talk about ways to help manager your driver for a bit and then I will get into the 5 steps that we like to use at My Golfing Store to help teach others how to hit those booming drives!

Managing your drive is very important. You need to focus on your strengths right off of the tee. This will help you be a better player. If you know how you normally hit the ball you can try changing your drive to make use of it.

For example, if you find that you most often hit the ball and the ball flight usually curves to the left then you might want to stand near the right side of the tee. This can help make up for a left curve.

There are two things that must be considered when you want to hit the ball long. These things include making solid contact with the golf ball and an increased club head speed.

If you can obtain the ability to swing the club consistently on the same swing plane while maintaining control of the clubface you will be able to make solid contact. Snapping your hips through the ball as you make contact will also help with increasing the speed.

The best way to hit with an ascending blow is to tee the ball well forward in your stance. Never allow roll. Your wrist should not break down in the takeaway and your arms need to be fully extended. This will create a wide arc for your club to travel.

Your shoulders should be turning around your body. Never place too much weight at the front of your body. Be sure to shift your weight properly as you swing.

The wrong hip rotation can cause you to lose power in your swing. Most golfers slide their hips laterally rather than rotate them counterclockwise.

When doing a lateral slide it will create a problem that can cause a slice or a

hook, which will result in a lack of power. You can also hurt your back doing so.

Proper movement of the hips is essential to the power of your stroke. When the hips are more open than the shoulders as the club is delivered into the ball is the best way to store power and deliver it directly into the impact.

In addition, when the hips are cleared it will help maintain the proper spine angle through impact. This will promote the right weight shift for solid contact.

A good drive requires power and total control. When trying to achieve power and control you need to properly release the club through impact. You also need a strong left to right ball flight. The proper way to do this is to move your arms and club left following impact.

If you are trying to achieve a shot that is lower moving left to right you want to move your hands to the left immediately after impact. Keep the shaft angled. Your forearms will not rotate upon impact and the clubface will remain slightly opened.

If you want to achieve a right to left ball flight you want to allow the club head to pass your hands following impact of the golf ball. This will allow for an inside attack. You want to achieve transferring more energy to the ball than you normally do which will help you get a higher right to left stroke.

Setup is essential to giving your drive more power. You must setup your swing properly. You should use a wood or a driving iron to properly setup for your drive because of the length of the clubs. Using a longer club will give you two advantages.

You will be able to increase the distance of your stance away from the ball and this will also allow you to spread your feet wider. This will allow you to balance your weight as you transfer it in your swing. This way you can get a short but wider swing, which will allow for total control and power which will all have the proper proportions.

The sequence of motion is very important to understand in your setup and your swing. The sequence should be in order from setting up, swinging, and driving as you use the proper weight transfer.

This is very hard for amateur golfers but it is important to maintain the sequence. Developing your game on this sequence can help with a more powerful stroke.

Your power needs to build up entirely and then be released entirely upon impact.

Building power begins in the swing. Always release your power when you make impact with the ball. The swing needs to remain short. You will have less control over your stroke the longer your swing is. Many beginners think that if you have to swing long to hit far. A short and wide swing will provide the most power and control over your stroke.

Maintaining balance is very important. To accomplish this you must swing within yourself. As you swing be sure you do not swing too far back or forward. Be sure to remain within yourself so you are in control. This will help you evenly distribute your weight from heel to toe.

You must be sure to maintain good posture, keep your spine aligned straight and your chin should be upright. These things will help you avoid injury and knock the ball down the fairway with power.

Remember when you drive the ball you don't ever need to swing as hard as you can as if you are playing baseball. You might have the same type of swing but be swinging in a different swing plane. However you do not need big muscles to make the golf ball go a long distance.

Many very good golfers are very thin and they have the ability to hit at very long distances. It is all about leverage. Once you master the leverage in your swing you will be able to add the distance to your shots also.

Focus on the angle you create between the club and your left hand. This angle needs to be held as long as you can. If you force yourself to hold this angle it may result in a poor swing. Some golfers like to think of the club as a whip.

One of the best ways to create the leverage is to begin the downswing with a shift of your hips in the direction of the target. This will help build the power you are storing so you can release it in the impact of the ball.

You also need to be sure to swing within your limits and nothing more. When you swing as hard as you can it is silly. Focus on your swing and be sure to swing as free as you can with control.

If you find that it is common for you to lose balance in your swing then you are most likely swinging too hard.

When you swing the golf club comfortably rather than stretching or swinging too hard you will be able to achieve more distance by launching the ball with the right spin and trajectory. This is the best way for you to hit the ball as far as you can and straight.

Your focus should be on accuracy and after time your distance will improve also.

When you are on the golf course you cannot be out there practicing. Meaning, don't focus on the mechanics. You should have practiced the mechanics enough to be able to trust your swing now.

If you can trust your swing you will be able to swing better and hit the ball with a more solid strike. Launching the ball with good spin and trajectory happens when you trust your swing. Now that you have just read all that information, let's get into the 5 steps for longer drives.

The 5 Steps To Longer Drives

Step 1 – You want to start with a nice loose set up. Tension kills speed and we need that extra speed to hit the ball further. Get in your set up, let those forearms loose, give the club a little waggle back and forth and just loosen up.

Part of the set up is your stance and tee height which we have talked about previously. You want to tee the ball up slightly higher than normal so you can catch it on the upswing. This will really help get the ball airborne in a better position for extra distance. See Matt below in a nice loose set up and tee height slightly higher than normal. Your stance should feel very comfortable.



Step 2 – Starting your swing you want to take it away with the left shoulder and left forearm (for right-handed golfers opposite for left). You want to keep the club head low. By doing so, you create width and width is speed and power, all very crucial aspects to a long drive.

Practice by dropping your back arm from the club and really exaggerating the motion of starting the swing with your forward arm. Below you will see Matt practicing this exact exaggeration that will give you this feeling. You will also see how wide the club is. Remember width is speed.



As you can see, Matt is really working on rotating the upper body and staying wide in his take away. During this take away, go slow no need to swing like crazy in fact a quick take away is one of the worst things you can do. If you get quick and narrow in the take away, you kill your speed. See below for what not to do.



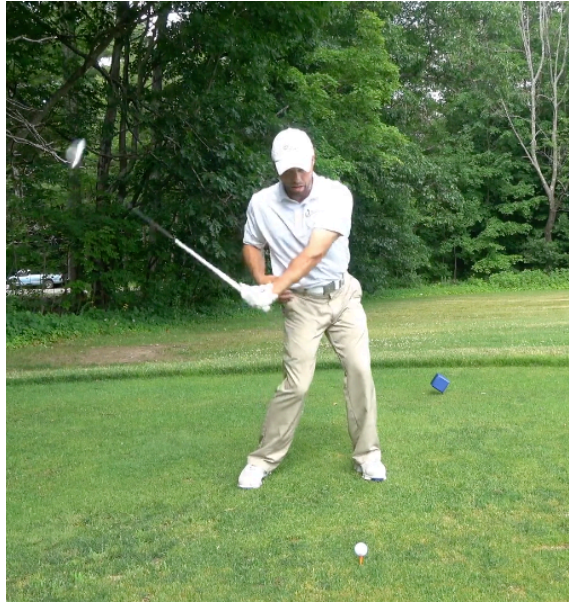
Step 3 – The transition is so important in the swing. We cannot get quick with our upper body and allow our shoulders to lead the way. When we get quick we lose our angle of attack on the ball which we all know what happens there.

At the top of the golf swing when you're ready to start the downswing we want gravity to lead the club. As you the club head begins to fall we begin to rotate our bodies from top to bottom to make sure the momentum and power is built up in our cores. Please remember power is not coming from your arms! Pictured below you can see the club following with Matt starting to open up his body getting ready to make impact with the ball. Let the arms fall naturally. If we get quick with the downswing it will work against us.



Step 4 – Stay connected! This is sooo important!! We need to keep our lead arm connected to the chest all the way through the golf shot. This means after contact as well. If we allow ourselves to disconnect from the chest we become arm speed only. You loose the power in your core and the accuracy of your shot. Below you will see Matt connected through the swing in the top two photos. In the bottom photo is a great example of what not to do. Have your friends watch you on the tee box. It's very easy to spot if you're coming apart.

Remember to make a great golf shot, we have to focus on the details.



Connected to Start



Connected to follow through

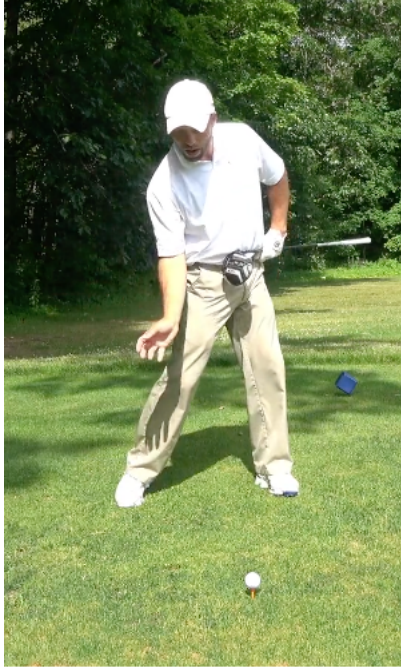


Disconnected on follow through

A quick little trick to make sure you're staying connected is to tuck that shirt up into the armpit. If the shirt falls out then you didn't stay connected.

Step 5 – This is where it all comes together. We call it the power thrust but essentially we are talking about using the momentum that you built up in your proper mechanics and using your speed in combination with the ground to get that extra power we all want.

What this means; when you make contact with the ball and you're releasing the power in the core you will want to use the ground as a power source. Use that front foot to explode off the ground while hitting the shot. As you can see below, Matt is using that front foot for leverage. He is pushing it into the ground to allow him to come up through the ball with his swing and core. This one is a little tricky to show through photo so I hope you're following me!



Matt is pushing into the ground and coming up through the ball.

Alright, now that you have the 5 steps lets recap. Get in a nice relaxed set up, tension kills speed. Start the take away with your front shoulder and arm staying wide with the take away. Quick and narrow kills speed and power. Allow gravity to start the downswing. If we get too quick with it, it will throw our whole swing out of alignment and force us off plane. Stay connected! Coming disconnected kills are speed and power. Lastly, use the ground as a power source!

Chapter 7 – Fixing the Slice

A golf slice can be devastating and very frustrating to a golfer. There are many factors that could cause you to slice the ball. If you find you slice the ball quite often then you will need to fix it.

If you want to improve your overall game and add distance to your shots. Imagine how far the ball would go if you could just straighten out your shot.

A golf slice occurs when your club is open upon impact of the club and relative to the path of the club head.

A wayward left hand is one of the common factors that can cause you to slice the ball far to the right. This happens more often than you would think. When a wayward left hand occurs the back of your left hand will be aligned to the right of the ball and the clubface will be open. This will cause a slice to happen.

If you want to repair a wayward left hand it is important to focus on the back of your hand. The back of your hand should be facing the target at impact. You should at least feel that the back of your hand is facing your target. This will allow you to have a strong grip for the shot so your hand doesn't slip.

It is important to square your left hand. One of the best ways to do this is by practicing without using a club at all. You will stand with your right arm to the side of your body and rotate your left forearm. Then you will cock your left wrist and swing back. In order to be sure your hand is square practice your swing repeatedly without your club in your hand.

A weak grip is a common factor and cause of a wayward left hand causing the ball to slice far in one direction, usually the right. A weak grip will cause you to turn your hands too far to the left in your swing. You might have a square back hand and find that you are still slicing the ball. This is common for golfers who have a very weak grip.

You must tighten your grip on the club when you swing with all of your might on a long driver. You can fix this also by turning your hands to the right on the club while you are maintaining a good position with the club in your hands.

One of the things to remember is that when you focus on maintaining a strong grip you will also have a hard time with the way you turn the club. This is because it is very easy to turn your left hand over. This will make it easier so you don't have to go far for the club to be square. But it is the wrong position.

You must keep one thing in mind while you are attempting to maintain the right grip and square. If you are attempting to square your left hand and you find that you are unable to it will mean something else.

Although you are trying to fix your slice you are looking in the wrong place. Not being able to correct the slice by squaring your wrists can mean that you have something wrong with your swing instead of the grip.

Another thing that can cause you to slice the ball is when you have far too much of a steep plane in your swing. This can definitely cause the ball to go in the direction you didn't mean to.

Swinging the ball too steep makes it far too difficult for your hands to have the ability to turn over. This also means you will be unable to turn over and square your club with the impact of the ball.

If you have a very steep plane in your swing and the tendency to slice the ball because of this then you can fix it. This type of swing is a natural consequence from things that force you to hit downward. Don't hit the ball downward. That is what causes the slice.

If you are a golfer that swings the club straight up and then straight down it will cause you to block the open face. This is because you will reverse rotate through the impact. The importance is to swing the club around the body as if you are swinging a baseball club.

You might even pretend you are swinging a baseball club outward. Now, take your club and pretend your baseball is down on the ground. You are only changing the swing plane when you swing the club versus the baseball bat. Many instructors will teach you this and you can try it. This is a good technique for amateur golfers to try because it really helps.

The shoulder tilt is another thing that can cause you to slice the ball. If you have an embarrassing slice then you need to look at the way you are moving your shoulders. The problem is not stemming from your arms moving up and down. This is a common mistake people think when they try to correct it.

polite When a shoulder tilt occurs the body is not tilting and not turning as it is supposed to be. Your arms have nothing to do with it. In order to correct a shoulder tilt you want to swing your arms around your body.

One way to get the swing right is to cross your arms around your chest and turn back and forth in a pivot. Once you have your shoulder swing down then you can place a club in your hands and practice swinging the club properly.

Some golfers have a really good golf swing. They look at all of the factors and cannot figure out what is causing the problem. The final thing you want to look at is if you are rotating the clubface too much when it is moved away from the ball. This happens often and it causes you to open the face of the club too far and then you have a further distance to square the ball again upon impact.

It is important to be sure the club is square in your back swing. Instead of rotating the club open verify the club is square. If you are unsure where in your swing to verify this, check your club when your swing is at two o'clock. The club should be square when you are holding the club in this position.

A problem slicing the ball can stem from many different factors. Every step of a swing could have a problem that could cause you to slice to ball. The way to determine what it is causing your slice is to check out your entire swing from the way you are gripping the club, opening the clubface, shifting your weight, and more. You might even find something wrong that will help you even more.

Repairing a slice in the golf game can make a big difference to the score at the end of your round. Not only will you gain serious distance with the shot but you will have hit a straight ball. This means you won't need to hit the ball again just to recover it out of the sand or rough either.

Chapter 8 – Conclusion

Adding power to your game and distance to your shots doesn't mean you need to do a little bodybuilding and arm strengthening. There are many factors that can take away distance when you golf. When you understand these things you can add greater distances to your shots every single game.

The club you use depends greatly on how well you swing the club. This also depends on your swing speed and more. You must consider the shafts, materials and more when you choose a set of clubs.

You cannot use your friend's clubs and expect to have a good game. A good set of clubs should be measured and determined by your swing and your comfort factor.

The type of ball you use to golf will be determined by the way you swing the clubs also. You need to determine the weather and course conditions too. These things will also make a difference with the type of ball you choose and getting the most distance from your shot.

Many of the other factors you need to consider in order to add more distance to your shot every single time you play golf include your stance, your weight shift, your swing, wrists, shoulders, and more.

There are many factors to your swing and if you are lacking distance you need to look at the way you are building up and transferring the power to the ball on impact.

Correcting errors in the way you play can help you add distance to your game. You might be using the wrong type of ball or club, or just need to straighten out your slice. You can do these things when you know which factors to look for.

Now you can get out on the course and play golf like a pro because you know how to add the distance to your play.

I hope you enjoyed your read and look forward to working more with you!

Sincerely,

The My Golfing Store Crew

<https://mygolfingstore.com/>

