

Pro tip - Easy grip, easy swing.

When it comes to solid contact with the golf ball, your grip and your swing can make all the difference. Pretty obvious, right? We'll, in this case, we're talking about grip pressure and swing speed. In both cases, tense muscles can be a shot killer.

For the grip, imagine holding a baby bird in your hands. You want to hold it firm enough, so it doesn't get away, but you don't want to crush it either. If your forearms are sore after a round, you're probably over gripping the club. An easy grip helps to get the club face back to the correct position at impact. Tense muscles in your forearms and shoulders can fight against and prevent proper clubface rotation leading to miss hits and errant shots.

When it comes to the golf swing, tense muscles can have the same effect. We'd all like to squeeze a few more yards out of each of our clubs. The reality is you don't get there by hitting the ball hard. Distance comes with increased club head speed. Speed is achieved by a smooth swing that accelerates through the ball at impact. You may have heard the term, "slow is smooth, smooth is fast". That old shooting axiom applies here as well. A smooth swing at 75% effort usually results in a better shot than trying to hit the ball as hard as you possibly can. But what about those folks in the long drive competitions? You guessed it, they hit hundreds of balls every day, so their swing is grooved to achieve more distance. That said, many of them have a tough time staying in the grid to score. And remember, they usually have 5 chances to get one ball on the playing surface. If any of us were to take five shots off the tee, we'd probably earn a visit from the nearest player assistant.

At the end of the day, control is almost always more important than distance. Especially here at Crystal Falls. A smooth relaxed swing with a light grip is a great way to improve your shot results while cutting back on those visits to the chiropractor. Give it a try!