

Senior coaching tips.

Through out the years of teaching senior golfers, its about feel and pressure. So if you're a senior golfer try these tips.

1. hold the handle like a baseball, this relives pressure in the index finger and little finger therefore given even pressure throughout the hold allowing you to feel free and able to release.
2. Let arms relax don't try and keep width, let arms soften, turn where able and turn through where able but only go to where you feel comfortable.

Grip pressure – How hard should you grip the golf club?



You'll often hear that gripping the club tightly causes tension in the body, which in turn hinders your ability to make a good swing. However, gripping the club with a lot of pressure at the point of impact will help you to better control the strike.

On a scale of 1 to 10, imagine that a level 10 equates to gripping the club as tightly as possible. A level 1 equates to holding the club so loosely it only just stays in your hands.

At address, hold the club with a grip pressure of 4 out of 10.

At impact, your grip pressure should increase to a 9 or even a 10 out of 10. You might want to consciously grasp the club more tightly at impact to see how that effects your ball striking.



Golf Distillery