



GOLF TIPS FROM BETH
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This month's tip, "What should a practice swing accomplish?"

Almost everyone who plays golf, uses a practice swing prior to hitting the shot. This is a good practice and should be executed with a purpose in mind.

A practice swing should be limited to one or two swings. It should be executed when you are facing your ball in the correct address position, since the contour of the ground will be similar to the actual shot you intend to hit.

A practice swing should mimic the swing you intend to use, when you address the ball. This means, it should have the same rhythm, mechanics, velocity and follow through you intend to execute. For example: your drive off the tee would be a full swing with all of the parameters mentioned above, as compared to, a chip shot which would also have these parameters and is not a full swing but an abbreviated swing that you intend to use. A practice swing will help set your swing references.

A practice swing is especially useful when you are in an awkward lie. These are plentiful at muni, since the course is very hilly. When you are in an awkward lie, your practice swing should help give you an idea of where your club strikes the ground. You may find that you are hitting the ground "fat" which would indicate that you either need to switch to a shorter club or you need to choke down on the club you have. Or you may find that you are hitting the ground much farther back in your stance, which means you need to move your stance forward to make the correct location of impact with the ball. All of this takes practice, but if you start to pay attention to your practice swing, it will help you to execute your intended shot, with better impact and results. Happy golfing.