

How To: Address and Swing at a Golf Ball

The sport of golf has been around for hundreds of years and remains an activity that many continue to enjoy. Golf is a great sport to learn how to play because many consider it to be a lifelong sport, meaning people who are reaching their elderly years can still go out and play. Anyone who is involved with the sport will tell you that learning the game was one of the best decisions of their life. Before learning the rules of the sport however, one must learn how to make good contact with the ball. This can be one of the most frustrating parts of the game, but hopefully after following this set of instructions, it'll be easier to gain the skills necessary to hit shots close to the hole. Practice is the best way to get good at the sport. With that being said, one cannot expect to be able to hit the ball perfectly right after reading these instructions.

Materials Needed:

- Golf club iron
- Open area with grass
- Golf balls
- A target to aim at

Safety Warning:

Before beginning, it is prevalent to note some precautionary steps. When preparing to hit the ball, be cautious about what is around you. Make sure that nothing is in reach so that you do not hit it when your club. Additionally, the path in front of you should be clear of any obstacles or people that could be injured by the flying golf ball.



Addressing the ball:

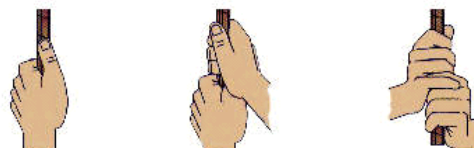
An important step before actually swinging the club is addressing the ball properly. Many people who are inexperienced with the sport normally just walk up to the ball and swing, hoping to make some sort of contact with the ball. The best way to make solid, consistent contact is to have a consistent approach when addressing the ball. This process varies from player to player, however this set of instructions is the most used method when getting ready to swing at the ball.

1. Stand behind the ball and make an imaginary line from it to the target.
2. Next, walk up beside the ball and place the club head behind the ball.
 - If you are right handed, you will approach the ball from the left side. Vice versa for left handed people.

3. Grip the golf club, placing your less dominant hand near the top of the shaft and the more dominant hand farther down the shaft.

- Your dominant hand's pinky finger should overlap with the non-dominant hand's pointer finger.

The Overlapping Grip



3. When gripping the club, the hands should overlap slightly.

<http://kids.britannica.com/comptons/art-53390/Left-hand-holds-club-firmly-with-thumb-on-shaft>

4. Make the edge of the club head perpendicular to the imaginary line created in step 1.
5. Next, line up your toes so they make a line that is parallel to the imaginary line from step 1.
 - Make sure that your feet are just inside shoulder width apart.
6. Get into an athletic, but comfortable position.
 - Knees should be bent slightly, arms should hang in a relaxed position, and your back should be straight with your chest over your toes.



5. The line from the toes are parallel to the target line.

<http://discoveryyourswing.com/academy/pre-motion/aim-and-aligned-to-a-target>

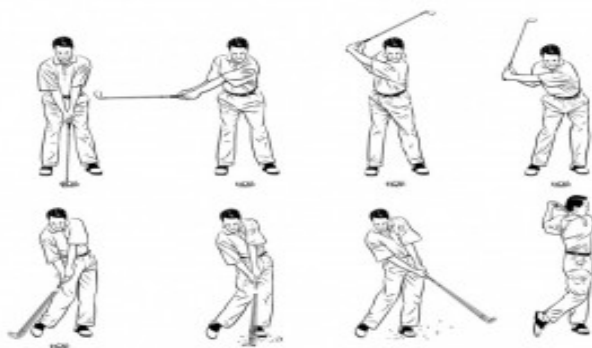
6. Arms are hanging freely and his back is straight.

<http://www.oudtshoorncourant.com/news/Sport/Golf/86779/Golf-Tip-Stance-and-Posture>

Swinging at the Ball:

After making a proper approach to the ball, it is time to finally swing at it. There are many elements to having a perfect swing. In fact, there are very few people who have been able to master each part of the golf swing. Every person's swing is different and has its own little quirks. Whether it be a person's wrists move more compared to another player's, or a player's hips rotate faster than the rest of the competition, there are always slight differences. This means that those who are looking to excel in the sport need to find what works best for them.

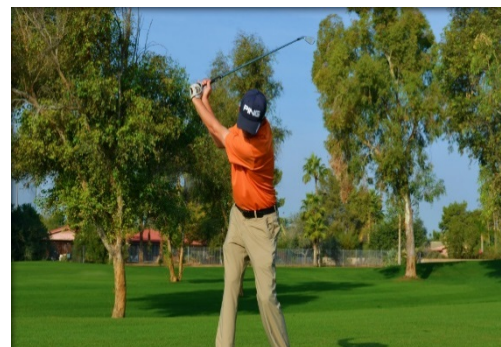
These instructions give the basic motion of the swing, and once the person has solidified this basic motion they can make adjustments to make their swing work better for them. The most difficult part of the sport is being consistent. Being able to replicate the same exact motion for each swing can be extremely difficult and requires a great amount of practice. The diagram below will be helpful in understanding the motion. It can also be beneficial to think of the swing as a clock, with your starting position at 6 o'clock.



Tip: Notice in the diagram that his head is in the same vertical position throughout the entire swing. This is crucial in creating consistent strikes at the ball.

<http://www.michaellittlegolf.com/category/golf-i/>

1. Begin to bring your arms backward.
 - It is important for your wrists to remain as rigid as possible, only the movement of your arms should cause the club to move. Also, make sure to have the arm that is closer to your target is straight at all times. If the elbow bends, then it is a lot harder to make a consistent swing.
2. When your arms reach the 9 o'clock position, begin to rotate your hips in the same direction.
 - At this point, you should have slightly more weight on your back foot than your front foot. In addition, it is good to imagine that your bellybutton and belt buckle are attached by a string. This makes you concentrate on keeping your body moving together.
3. Once your arms get to the 11 o'clock location, start to rotate your hips forward.
 - Think about driving your hip that is on the opposite side of the target towards the hole. This will help create a type of whip motion, which allows you to swing the club faster.



<http://grantbrowngolf.com/2014/12/15/width-top-backswing/>

4. Just after your hips start to rotate, bring your arms forward as well.
 - Remember to maintain that straight arm and rigid wrists throughout the entirety of the swing.
5. As your club comes close to hitting the ball, focus on your club head just skimming the grass right below it.
 - This focus point will hopefully allow the ball to hit the center of the club face, which creates the most accurate and powerful shot. It's also important to note that if we took a photo of the position of the club face at the point of contact with the ball, it should look exactly the same as when you addressed the ball.
6. Continue to rotate your hips and swing your arms after contact.
 - Your hips should rotate until they are perpendicular to the line from the ball to the target. The arms should continue to be straight.
7. The swing stops when your arms come to the 1 o'clock position, where you can finally bend your wrists and move the club to behind your head so that it is close to parallel with the ground.
 - Most of your body weight should be on your front foot at this point, so many players tend to curl their back foot onto its toes to help maintain balance.

Important note:

- Many people have a tendency to look up from the ball when they make their swing, causing them to miss. Keep your eyes down on the ball until your club has reached the 3 o'clock position.



<http://www.telegraph.co.uk/sport/golf/usopen/10124627/Justin-Roses-four-iron-on-18th-at-Merion-better-than-Ben-Hogans-says-Bernard-Gallacher.html>