

LEARN TO PLAY SIMPLY GREAT GOLF!

Chapter 10: 4 Swing Instruction Myths and Truths

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Chapter 9 taught you a 3-step process to make your swing more powerful while maintaining control. This chapter of Learn to Play Simply Great Golf teaches you to beware of common golf swing instructions that can be detrimental to playing your best golf and it also teaches you truths related to these instructions.

“Hit down on the ball”, “pull down at the start your down-swing”, “take the club away low and slow and accelerate through the ball”, “start your back-swing with your body rotation” and “keep your head down” are some of the most common swing instructions that are responsible for golfers making inadequate swings and golf shots.

Both “**pull down at the start of your down-swing**” and “**hit down on the ball**” produce a hitting motion with thrusting, pulling arms instead of the most effective swinging arms motion. Thrusting arms is tensing your arm muscles and accelerating. There are several degrees of tensing and accelerating that can result in a variety of miss-hit shots.

The instinctive hitting, thrusting motion is the root cause of why golf is such a difficult sport to play well or consistently well. This motion is the #1 most common golf swing flaw I see. I would estimate that tensing, thrusting arms are responsible for 75% of all inadequate golf shots.

This mostly ineffective motion is instinctive for most golfers because most of us learned it first from thrusting a baseball bat. The hitting, thrusting motion works for baseball because you have a wider playing field and you don’t have the club face angle of a golf club. You have to add thrust for power in baseball because the bat is approaching the ball on a horizontal angle.

In golf, the narrower target range, the club face angle and the more vertical club approach to the ball dictate the swinging motion to be the most effective for producing power with control. Swing the golf club by swinging your arms and centrifugal force - the gravity of the club head weight downward momentum, will generate the necessary force and speed for power. Swinging arms also produce the squaring of the club face to the target at club-ball contact point and produce the proper club-ball contact, most consistently.

The truth is your body/torso rotation should lead the swing of your arms down and through the ball to your finish. Think “turn and swing”.

“**Take the club away low and slow and accelerate through the ball**” dictates a non-rhythmic, uneven motion which promotes disconnection, known as the uncoordinated movement of your arms swing and body rotation. Also, changing speeds by starting slow and then accelerating usually creates an excess change in the tension level of your arms and hands which is responsible for 90% of all miss-hit golf shots, from putting to driving.

The main focus points for making your best swing for most golf shots are to make a simultaneous swing of your arms with your body/torso rotation while maintaining a consistent proper light “tension level” in your arms and hands.

This tension level is *just enough* tension in your hands to support the weight of the club with your shaft at a horizontal angle. The proper tension level in your arms and hands for a pitching to full swing will allow the club head to accelerate into the ball from the downward momentum of the club head weight.

The truth is to focus on making a rhythmic arms swing-body rotation.

“**Start your back-swing with your body rotation**” dictates improper rotation of your arms, hands and club. Your club will swing on a path that is too much inside and behind you with your club face “closed” or resisting rotation.

The truth is that the swing of your arms-club needs to lead and move simultaneously with your upper body rotation. This will start your club on the proper path and create the proper rotation.

Think “swing and turn”. Swing relates to your arms and golf club and turn relates to your upper body rotation.

“**Keep your head down**” is the most common instruction from the amateur instructor. Keeping your head down too long can cause your body/torso to rotate incorrectly just prior to ball-club contact which, in turn, can cause your body rotation to decelerate prior to impact and also create a “disconnection” of your “arms swing” and body rotation.

I detailed more of the adverse effects of keeping your head down too long in Chapter 5.

The truth is to keep your head steady by focusing on the golf ball and rotate your head with the golf ball toward your target.

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