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Here's A Golf Training Tip To Boost Your Drives

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Every golfer would like to have a golf training tip to increase their drives by 10, 20, 30 or even 40 yards. But what do you need to focus on to accomplish that? Have you ever received a golf training tip that didn't work? I think we all have. That can be very frustrating to say the least. But the key to implementing a golf training tip that's effective is to look at your swing.

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Do you lack a full, 90 degree shoulder turn on your backswing? Do you breakdown at impact where it really counts? Or do you have a hard time staying in your golf posture through out your swing?

You've got to take a deeper look at your swing faults AND physical limitations to determine what golf training tip will be the most effective in improving your driving distance.

Don't just try any golf training tip your golfing buddies tell you. Give it some serious thought before you do one of the golf training tips in the magazines. There are hundreds golf training tips you can read about, but won't work for you.

Have you ever heard of the ?2 point check-list??

If you haven't, it means instead of having one golf training tip you think about during your swing, you think of 62 of them. Maybe not that many, but you think of enough to accomplish what they term "paralysis by analysis?"

When this happens, your swing will go south real quick. This happened to the Number One ranked golfer in the world back in the 90's. His name? Nick Faldo. He became so mechanically he couldn't even hit a ball. He would enter a tournament and take so many practice swings, and not have one golf training tip on his mind, but many.

It took him right out of the world rankings and ultimately off the tour. He is now commentating and doing a great job.

Here's a golf training tip that will help your backswing range of motion, enabling you to have a much higher clubhead speed and quickly improve your driving distance.

I call it the Backswing Shoulder Stretch:

- * Extend left arm out in front of you (if you are a right handed golfer), in a handshake position, thumb pointing skyward.
- *Take right hand and put under left wrist, so the back of the hands are touching each other.
- * Pull with right hand against left wrist and make as big a turn on back swing as possible.
- * Hold for at least 15 seconds, repeat two more times.
- * Reverse the stretch to work the follow through.

As you can see this is a simple golf training tip, but one that is very effective if you do it consistently. This is a great stretch to do throughout your round to maintain a full backswing.

This is just one golf training tip that can have a big impact on your performance; and is well worth trying.

Do you want to play BETTER golf right now?

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