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# Hit Longer Drives - Here's How

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To hit longer drives is the dream of every golfer on the planet! Even the professional players want to hit longer drives. Is there a magic bullet? Do you really know what it takes to dramatically improve your driving distance? golf, golf swing, golf trainer, golf workouts, golf exercises, golf fitness, golf lessons, golf instruction, golf tips

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I'll bet your first answer will be a new driver at \$500. Am I right? If not a driver...take more golf lessons. Am I getting warmer yet? If I still haven't guessed right...hit more balls at the range? Am I scorching hot yet?

The key to hit longer drives is clubhead speed and solid ball-clubface contact. That's it! Seems easy enough right?

Not!

The ONLY way to improve clubhead speed is to have optimal strength and flexibility in your core region. This is the area of your body that creates the torque on the backswing that is unleashed at impact.

How many times have you tried to swing hard and the ball didn't go anywhere? I've been there. How many times did you "just not care?" and all of a sudden the ball rocketed off the clubface.

That one time...you were relaxed and probably made a bigger backswing, therefore producing more torque (energy). But I'll bet you have a hard time repeating that don't you? That's because your body has physical limitations that will not allow you to repeatedly make a full backswing and store that energy.

By incorporating rotational strength and flexibility exercises specific to the golf swing, you will see dramatic increases in clubhead speed and distance.

I've seen increases of 50 yards!

Now if you are already driving it 260 plus yards, you may not see a 50 yard increase, but you could realistically see a 30 yard increase.

It's all about getting your body to move a little better within your golf swing.

So next time you get the motivation to improve your driving distance...think of working on your body...not swing harder.

The ultimate goal is to hit longer drives!

You can also find this article published on [Hit Longer Drives - Here's How](#)