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# **Golf Driving Tip That Will Add Yards Quickly**

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A golf driving tip that can make the difference between being the shortest hitter in your foursome to the longest...consistently would interest you right? Well...the tip I'm going to discuss is not what you'd think, but you need to take notice and apply it...if you want to own your foursome off the tee!

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When you think of a golf driving tip I'll bet you think of swing mechanics. Am I correct? If so, has it worked? I mean...have you added 10,20 or even 30 yards to your swing taking this approach?

If most of you are being honest you'll say no. For those of you who have accomplished the above with that approach...congratulations. You are a small percent of the golfing community that is successful.

So if a golf driving tip pertaining to swing mechanics isn't it...what else is left? Well...you're looking at it if you look in a mirror. It is your physical make-up. What your body is capable of doing at this moment.

All the swing thoughts and golfing tips in the world won't help if your body can't physical perform them. And no matter how hard you try...you won't be successful.

You see...your body needs to move with a certain level of flexibility (fluidity), strength (power) and sequence (body awareness). Most of these qualities dissipate with age. Do you feel as flexible, strong or with great body awareness as you did years ago?

If your answer is no, then you need to take the 'physical approach?to hitting your drives longer (and straighter). The more you work on your current physical abilities the easier you will be able to make a sound and repeatable golf swing.

You will look back and wish you would have taken this approach years ago...but it's NEVER too late! You can improve your physical capabilities well into your 80's if you are willing to put a little bit of effort into it.

The areas you need to focus on are rotational strength and flexibility; posture and spinal strength; and hamstring/low back muscular endurance (flexibility).

Focus on these and you will see dramatic improvements in your driving distance and accuracy.

This is my golf driving tip that will change your game forever!

You can also find this article published on [Golf Driving Tip That Will Add Yards Quickly](#)