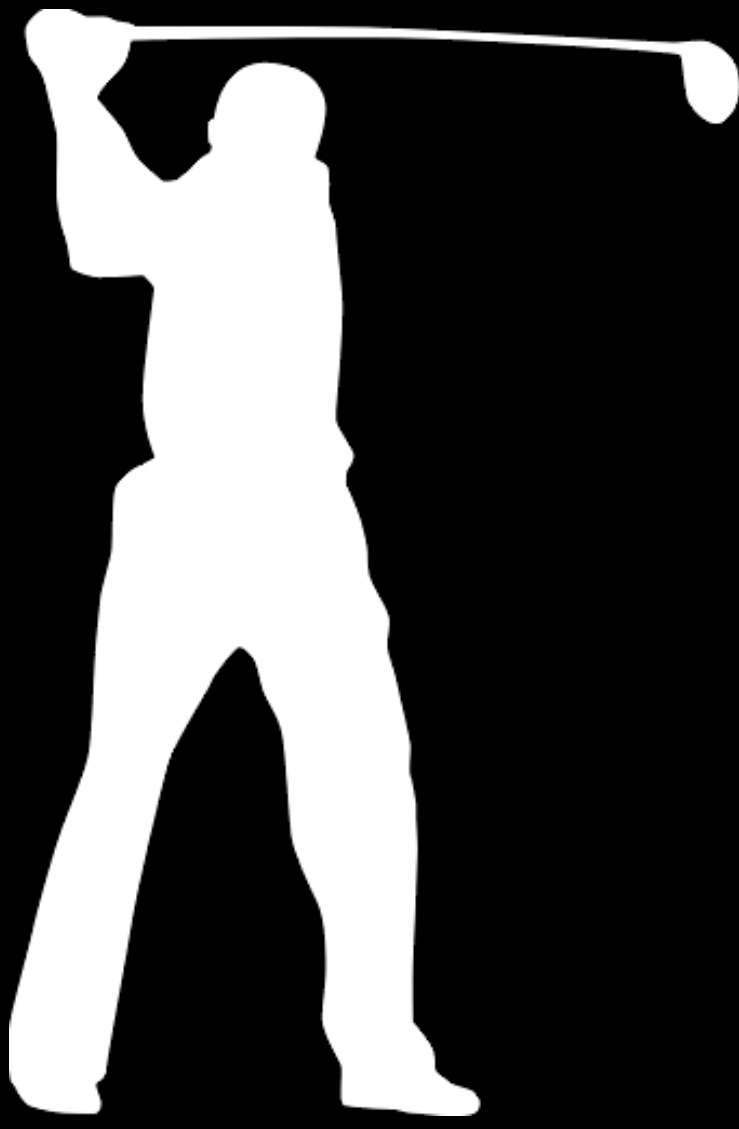


5 Secrets to Add 30 Yards “Essential Cheat Sheet”



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Secret 1 - Tee the Ball UP Higher!

Most golfers simply tee the ball too low on their drives!

If you don't tee the ball high enough on your drives, then you are jeopardizing the distance and accuracy of your drives. If you learn how to tee the ball at the right height for your driver, then you get to avoid those nasty slices, or duck hooks that plague so many golfers' game. When you tee the ball too low, not only do you miss out on a large portion of your potential driving distance, you also create many horrible swing faults.

When you incorporate this technique and start to tee the ball higher, you will connect with the ball twice as sweet, add at least 10 yards straight away, and find yourself on the fairway.

The truth is, over 80% of all golfers, (that's right, all golfers) simply don't tee the ball high enough. There are many reasons why this happens so often. One reason is that it feels safer and more comfortable having the ball closer to the ground.

Golfers generally play more shots off the turf or ground than off a tee, so we can generally relate better to hitting shots with the ball on the ground.

Scientific studies have shown that the sweet spot on modern drivers (2010 and 2011) are much higher on the club face. In fact, the sweet spots almost exclusively exist in the top half of the driver faces! So in order to hit your drives in

the sweet spot, you must catch the ball high on the club face, and in order to do that, you have to tee the ball higher.

Here are the action steps to take in order to avoid the slices and duck hooks and discover the true distance and accuracy in your drives.

1. Put the tee in the ground to tee the ball up.
2. Put your driver next to (and facing) the ball (as if you were going to address the ball)
3. Squat down and check the height of the tee (leave your driver in the same place)
4. Adjust the tee height so that half of the golf ball is above the top line of your driver.

So right now, go get your driver, and a golf ball. Place the golf ball in front of the club face so that half of the ball is above the top line of your driver. I want you to see what that looks like and get used to the new position. Also, it is a great idea to go out to the driving range and try it out teeing the ball higher. You may hit some bad shots at first because your body isn't used to the new change, but rest assured, if you stick with it for just a dozen shots, your body will naturally adapt itself to the new position!

Secret 2 – Widen Your Base of Support

Like in most sports, you need a solid base of support in order to perform well. Golf is no different, in fact, it may be even more important to have a great base of support.

By learning and using this technique on building a strong base of support, you will swing with much more easy and less tension, you will be able to create a fast club head speed and launch the ball a lot faster. This all translate to longer distance, not just off the tee, but also with your fairway woods, hybrids and irons.

If you don't learn and use this technique, then you will find yourself hitting poor shots, slipping during your swing, falling off balance and making bad contact with the ball.

It is a scientific fact that you must remain stable and balanced during a golf swing, or else you cannot maintain consistent contact with the ball. Well here are the action steps to achieve a strong stable base of support.

1. Address the ball and set up as if you're about to drive the ball
2. Take your back leg (right leg for right-handers) further back an inch
3. If you notice yourself falling forwards during your swing, then move an inch closer to the ball. (You don't want to stretch out to hit the ball!)
4. Stick your butt out a little bit and bend your knees just a touch.

So right now, go get your driver and practice this set up for better balance and longer drives. Once you go through all 4 steps above, then make a slow and

controlled swing. If you're indoors and cannot make a full swing, just imagine yourself making a full balanced swing with this new set up.

To ingrain this as a habit in your golf game, (so that you can automatically achieve great balance and hit the ball sweeter with more speed) you need to practice this at least 20 times every day for the next 20 days. The best form of practice is go to the driving range and hit some real balls.

Secret 3 - Adjust Ball Position

The proper ball position is critical to your ability to execute long and straight drives.

If you learn and master this technique that I'm going to show you, you will hit the ball consistently in the sweet spot without trying, you will avoid the slices that destroy over 80% of all golfers, and you'll also be able to increase your swing speed by over 10 Mph immediately.

Of course if you don't master this technique, then you'll never really understand why your slices won't go away and why you miss the sweet spot of the club so often.

Most golfers simply have the ball too far in the middle of the stance. Not only is this one of the main causes of slices, it also ingrains fatal flaws into a golfer's swing. The correct ball position for the driver is anywhere from the outside of your front foot (left leg for righties) to the inside edge of the front foot.

For most amateur golfers whose swing speeds are between 65Mph to 95Mph, it is best to have the ball more towards the outside of the front foot. This way, it encourages you to hit the ball on the upswing and increase the launch angle of the ball. This directly translates to longer distance.

Also this technique will help you release your wrists completely so that you can increase the club head speed over 10 Mph without doing anything differently. A 10 Mph increase in your club head speed will certainly translate to a 15-25 yard increase in your driving distance.

Here are the action steps to take in order for you to take advantage of this technique.

1. Set up normally to the golf ball for a drive
2. Without changing your posture, shuffle your way back so that the ball is now in line with your front foot (toes).
3. Take a deep breath and shake your shoulders to loosen the tension
4. Make a controlled backswing and a relaxed downswing.
5. Hit 10 shots with this new ball position and then make minor changes

Right now, get your driver and just practice how it feels having your golf ball that far forward in your stance. For most people, this will feel very strange at first, even uncomfortable. That is normal. Stick with it, and make it a habit so that you can automatically launch your drives with more velocity and more juice.

Your body will get used to the new ball position after about a week, and you will certainly see the benefits that comes with having a better ball position.

So hit about 20 balls every day for at least the next 7 days with your new ball position. Avoid the temptation to revert back to the old position because it feels more comfortable.

Secret 4 - Slow Down at the Top of the Swing

This technique is *easy to learn but difficult to master*. If you learn it and practice it, then you will have *outstanding timing on all your shots, hit the sweet spot on your iron shots and your drives, and also be able to generate a faster swing speed!* (it sounds ironic that by slowing down you actually swing fast...but it's actually proven to work) All this translate to a *straighter and longer trajectory*. (of course what that really means is a lot more enjoyment on the golf course)

If you don't learn and apply this technique then you will lose much of the torque in your swing, losing potential swing speed and momentum. The worse thing that could happen is for you to be so poor with your timing and rhythm that you completely mishit the ball.

The aim of hitting a long drive is to have ample club head speed to translate to ball speed. However the time when the speed is most important is just prior to impact (and not at the top of the swing). Most golfers in an attempt to generate sonic speeds try to swing too hard right from the top of their backswing. Then they lose the momentum as they come in towards the ball. Sometimes even worse, they lose their balance and lose their base of support and spin out of the swing.

Here are the action steps to help you slow down the top of the backswing so that you can generate more speed at the bottom of the swing, where it counts!

1. Take your normal backswing and pause at the top
2. Let gravity take your arms down until your hands are waist height
3. Then from waist height, accelerate through the ball
4. Repeat this drill 5 times to get the feel for the proper rhythm

5. *Feeling that rhythm, and execute your drive.*

So let's just imagine this process right now, feel the timing of the downswing. You want to feel relaxed and loose at the top of your swing and only let gravity take the club down. Do not force it down. Imagine then accelerate gently through the ball and a controlled follow through.

Make this a routine driver drill when you're on the driving range next time!

Secret 5 - Take an Inside Out Path

If you are currently slicing your shots, then you most likely (95%) have an Outside to Inside swing path. What you need instead is the opposite, an Inside Out swing path.

When you learn and incorporate this technique into your swing, you'll be hitting draws after draws with wind-penetrating distance, not to mention the added club head speed that comes with an inside out swing path. Your drives will be longer, straighter, and

If you don't learn this technique, then you will continue hitting weak banana slices that travel half as far as they should. Not only that, but a weak slice into the wind is bound to balloon up and you'll be lucky to hit it past the ladies markers.

It is a well known fact amongst pros that if your swing is flatter (more around your body than up and down), then you actually create a longer swing. The club head travels a longer distance back and through. You use leverage to generate a longer swing which will translate to faster club head speed.

Also to hit a draw, you need to attack the ball from the inside. This promotes a top spinning shot that helps to rotate the club head through impact. Too many golfers leave the clubface open at impact...the result - an ugly slice.

By the way, as your club head rotates and closes at impact, this small movement massively increases the club head speed and ball speed. Just a few degrees of closure of the club face could mean an increase of 5-10 Mph the ball takes off with.

So here are the action steps to make sure you can swing inside out and gain easy distance by hitting a draw instead of a fade.

1. Set up normally to the ball
2. Make a mental visualization of the club head path, going from inside out
3. Make a practice half swing, concentrating on taking the club head around your body more so than straight upwards
4. With the image of the inside out club head path, make a controlled swing and commit to your drive.

This draw technique will take a couple of weeks to master but the rewards are certainly worth it. You need to practice seeing and feeling the club head path going around your body everyday for the next 20 days. Ideally practice on a driving range and use the ratio of 2 practice swings for 1 actual drive. The key is to make it habitual that you take the club inside so that in the future, you will automatically hit long wind-resistant draws and be the envy of the group!