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Do you have a favorite golf player? Is it Tiger Woods or Ernie Els? Have you ever thought that your swing looks like theirs? Woods and Els are two great golf players. When you watch them play, you will definitely notice their graceful and powerful swings. Honestly, it is difficult to imitate that just by watching.

Having a good swing needs constant practice. Also, your body needs to be well tuned up for it to perform well. Here are some basic tips to help you improve your golf swing and may help you shoot in the 90s or even 80s.

1. Warm up.

Just like any other game or sport, golf players need a little warming up before starting a round. This is what most players, especially amateurs, often take for granted.

It is best to come early at the golf course and take a few minutes to stretch those muscles and warm up. This will make your muscles "know" that they are in for something and that they should be prepared. Taking a few swings in the driving range will also help you get tuned up and perform better.

This is really important, not only for golf. Constantly exercising your body and muscles will keep them toned and ready for any activity. This will also prevent common body aches and pains that you usually feel when playing golf.

Getting into the habit of exercising, especially tuning up your muscles will have a great impact on your swing. It will help you have a good stance and increase total balance and control on your swings.

It is really tempting to give your swing that extra effort. However, it is not recommended unless you already have the control of your swing. The key to a powerful and graceful swing is the balance and control that you have, add to it the proper form and stance.

So how do you get to learn to control your swing? Again, it's tip number 2. Regular exercise will, in time, allow you to have a faster, more controlled swing.

Aside from these simple steps to do, it is also best to ask help from the pros, personally or thru online methods. They can give good advices as they already have learned a lot from their experiences. Keeping updated with the latest about golf will also help.

Also, most players tend to be so conscious in their desire to improve their swing that their minds are focused on every aspect of the swing itself; doing that will only make your swing look awkward. Instead, it is best to keep your mind off your swing. Try to focus on something else and the good swing will just follow.

Try to do these things when you play golf again. And do these regularly, then notice the change it will make on your next golf swing.

About the Author:

My site (<http://www.supergolf.info/>) provides tips for improving your golf swing

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