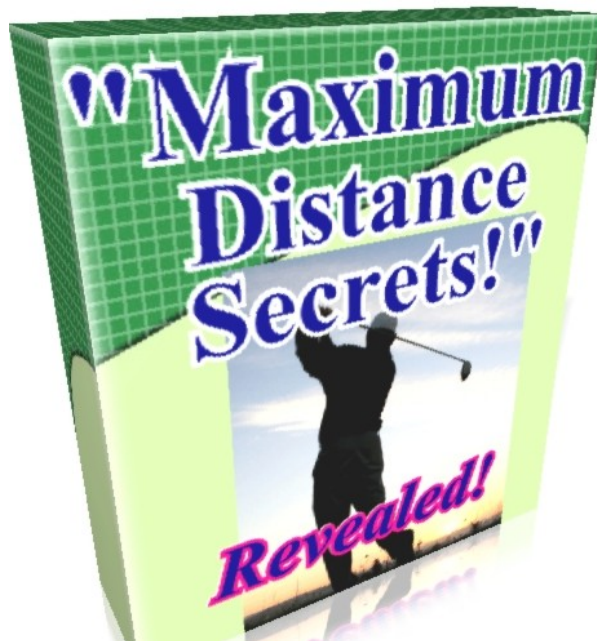


Strictly Off The Record
**"Power Swing Adjustments For
Serious Golfers!"**
Mini-Report



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I. Introduction- Your Hidden Tendencies

Swing improvement is a life-long process for every serious golfer. As soon as you become skilled enough to spot & fix specific swing issues, other small items that need tweaking will readily become apparent.

And once you fix those areas, your skill level will increase & your trained eye will start noticing previously unknown issues. This never-ending process of refining a swing is what keeps the sport exciting. In other words, your learning process is continual & there is always room to sharpen your skills (Even professional golfers hire coaches to help them fix potential swing problems).....

II. Clubface Alignment

Doing something incorrectly in one place can create errors elsewhere in your swing. Keep this in your mind during your practice & time on the course. It's important to take a "whole picture" view of your swing. Problems you are experiencing may be being caused elsewhere.

The *alignment of the clubface* is one of the most important factors in

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determining the direction of the shots you take. Clubface alignment is critical. If the face of your club looks to the left or right of your target when you make impact, it may also cause errors in your swing path & precise angle of attack. It can also impair your clubhead speed, ever so slightly.....

A. Finding Out:

First, you must keep in mind that the less lofted the face of a golf club is, the less backspin it will add to the ball (this is the reason why a long-iron will cause the ball to fly much lower than a pitching-wedge will).

So, how do I know if my alignment is off?

Let's find out.

For a true reading of your clubface's alignment at impact, hit some shots with your driver. Any ball curvature indicates how you may be delivering the clubface at impact.

The shots are "looking right" of target (open) if they mostly curve to the right & they are "looking left" of target (closed) if the shots mostly curve to the left.

To assess your clubhead path, hit some shots with your 9 iron. Because the strong backspin created by its steeply-pitched face negates most of the sidespin, the shots should head toward their starting direction. Little to no curvature should be observed.

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If they start mostly to the left, your clubhead path obviously is from "out-to-in." If they mostly start to the right, you are probably swinging from "in-to-out."

http://www.pgaprofessional.com/golf_glossary/o.html

Question: But why are my driver shots finishing to the right & my short-irons finishing to the left?

Answer: The *interaction* of backspin & sidespin is the answer.

The truth is that the attack on the ball – *out-to-in & open-faced* – remains constant. But, as you move up into the loftier clubs, the countering of sidespin by the increasing backspin simply disguises the clubface error.

What it comes down to is: ***The ball's flight direction will indicate what you need to improve to become a better player. Revisit this minireport if you get confused & read it again.***

B. When The Clubface Faces Right

Delivering the clubface looking to the right of the target at impact ("open" in golf terminology) may be caused by the clubhead crossing from outside to inside across the target line in an instinctive attempt to prevent shots from finishing to the right.

Swinging across the target line from out-to-in can create either a too

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steep (downward) or too shallow (upward) hit. This incorrect angle of attack can result in both fat & thin shots also.

And, the awkwardness resulting from incorrect angles can inhibit free & forceful swinging & therefore reduce clubhead speed.

C. When The Clubface Faces Left

Delivering the clubface "looking left" of the target during impact ("closed" in golf terms) may cause you to swing from the inside-to-outside of the target line in an instinctive attempt to prevent shots from finishing to the left.

Swinging the clubhead in excess from in-to-out will flatten the angle of the clubhead's attack. This can also lead to either fat or thin shots like in #B above.

D. Looking Directly At The Target

Delivering the clubface to the ball directly on target ("square" in golf terms) is done correctly when the clubhead moves momentarily "along" (rather than across) the target line during impact.

When the swing path momentarily matches the target line during impact, the clubhead should arrive at the ball at just the right angle. Not too steep nor too shallow. This should deliver the entire force of the blow forward in a perfect line...

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III. A 5-Step Distance Drill

But what about distance? How do the pros send it flying with such phenomenal distance?

The key is to turn the hips to the left during the downswing while, at the same time, extending the right arm through the swing.

Here is a quick drill that can help you:

1. Start by teeing up the drive in your normal stance.
2. Now, set the ball down off of your left heel (opposite of your left armpit).
3. Without moving, reach down & slide the ball towards your target at approximately the same distance as the grip.
4. Tee up your ball there, which should be 10 to 12 inches closer to the hole. Address the ball similarly to how would normally.
5. To hit it, you will have to move your hips to the left so that your arms will be able to "reach" the ball (this will invariably cause your right arm to extend).

This drill should be practiced at least 30 times before hitting the ball in its normal position. By that time, you should gain significant improvements in your distance.

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IV: Adding Distance

There isn't a single golfer in the world that wouldn't like to add a little more distance to their swing. Ask Tiger Woods, Phil Mickelson, or Steve Stricker if they want more distance....

I guarantee you that they would all say yes!

A. A Tip

A very simple tip to helping you get extra yardage out of your drives is to *turn your shoulders during the backswing*.

You will have a much better chance of hitting the ball longer if you learn to turn your shoulders during the backswing.

Stretch your torso & try to get your left shoulder positioned over your right foot when you have reached the top of your swing.

B. Having Trouble

If you are having trouble turning your shoulders enough on the backswing, you can try turning your left knee clockwise. Turn it just enough so that it is pointing behind the ball during your backswing. This will help free up your hips & aid in turning your shoulders far enough.

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C. Your Grip

To help increase the flexibility of your backswing, pay attention to your grip. Too much tension in your hands can lead to your chest & forearms tightening up. It can also constrain your swing speed if you aren't careful.

Pay attention to your grip. But, not too much.

V.Ending Your Slice

99% of all golf players have battled a slice problem at some point. A bad slice shot can hurt a golf game tremendously. To help you end your slicing problems forever, follow the easy & practical set of instructions outlined below.

(While the following technique will work for most people, I cannot guarantee that everyone will follow these guidelines strictly. It's up to you to use this knowledge. Get on the golf course & practice!)

There are only two real variables which determine the direction of a flight path:

- 1.The club face angle &
- 2.The direction in which the club was traveling when it hit the ball.

Let's see what influences them....

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A. Your Leading Shoulder

When it comes to shoulders, try keeping the front shoulder down, towards the ball, & directly through impact. The term for this technique is called "staying strong" through the ball's impact. Many golf players never realize how much their leading shoulder "pops up" just before the club face makes contact with the ball. This can change the ball's direction, which, of course, is never the way you intend it.

See for yourself. Go through your swing motions very slowly. Pay attention to your front shoulder as you approach impact & look at the club face.

You should see & feel the club face coming in from the outside-in direction. This is most likely causing your slice.

B. Hands & Forearms

Pay specific attention to the way your hands grip & release. You have to learn the correct way to release your hands "through" the ball.

Basically, you have to release your hands while your front shoulder (the leading shoulder) is kept down & facing the ball. In order to do this, your forearms must rotate correctly. Your front elbow (leading elbow) acts as a kind of hinge.

So, practice keeping your front shoulder down & practice letting

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your forearms & hands release smoothly through ball...

*Added benefit: Once these habits have become like 2nd nature to you, you should also see big gains in distance & height on most of the shots you attempt.

VI. Small Toe Adjustments

When a golfer makes a bad shot, you never hear "*I didn't use enough foot during that swing.*" Although this would seem like a silly thing to say, it may be more valid than you think.

Although it's surprising, your right foot could be a major cause of interference with a shot's trajectory.

When you take a normal swing, the toe of your right foot (for right handed golfers) should either be square to the line of flight or turned out to the right a bit. This helps the clubhead come away from the ball, make a decent turn, & then start coming down the right way.

However, if you need to hit the ball slightly longer or higher than normal, try pointing your right foot's toe farther toward the right.

This will help you make a bigger & more powerful turn *away* from the ball, while still keeping your balance & rhythm smooth.

This will also help keep your hips behind the ball during impact. And, it will help bring the clubhead *into* the ball. This clean

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sweeping motion will cause the ball to travel for a greater distance with more speed too. WOW!

(And vice versa, if you must hit a shot low, try turning your right foot slightly to the left. This restricts the backswing & sets up more of a punching action on the downswing. Thus, a low shot results....)

But wait!

There's A LOT MORE than was presented here!

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