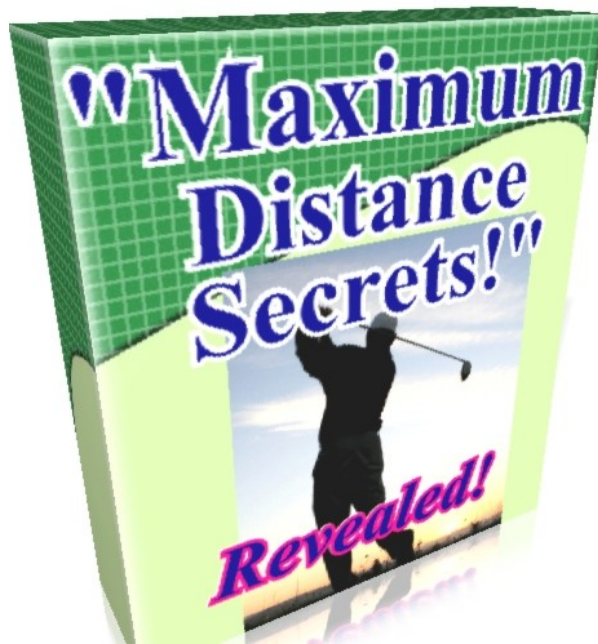


Strictly Off The Record
**"Stop Slicing Instantly & Never
Hit It Fat Or Thin Again!"**
Mini-Report



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I. Straighten Your Slice.

The banana ball is one of the ugliest shots in golf and one of the most common. If it's your shot, these tips will help you go straight.

A) Set Up Square:

At address, your shoulders, hips, knees, and feet must be parallel to the target line (the imaginary line from the ball to your target). During practice, place a club across your toes and the other key spots to check for proper alignment.

B) Strengthen Your Grip:

Most players who slice have weak hands or a weak grip. In either case, the hands don't roll over at impact, so the clubface is open (pointing right) when it meets the ball.

Encourage a proper "release" of the hands by strengthening your grip: Turn your hands away from the target so that at address the "Vs" formed by the thumb and forefinger of each hand point toward your right shoulder.

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C) Don't Choke The Club:

Hold it tightly enough so you're in control, but loosely enough that someone could tug it out of your hands.

D) Hands Ahead:

Many slicers start with the hands behind the ball. At address the left hand should be ahead of the ball so a straight line could run down the left arm, through the hands, to the ball.

E) Head Behind:

If your head isn't behind the ball at address, chances are you aren't shifting your weight properly in the backswing. Encourage the head-back position by swiveling your chin to the right before starting the swing.

F) One-Piece Takeaway:

Starting the club away from the ball in "one piece" means moving your body parts together. Visualize your arms as two long sides of a triangle, with the base a line across your shoulders.

When you start your back-swing, think of turning the entire triangle - shoulders, arms, and hands, right down to the club - together. Don't break your wrists too early in the backswing: let them hinge naturally as the club swings up past waist height.

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G) Solid Right Side:

Body sway during the swing leads to poor contact. Keep your lower body still by using your right leg as a brace. Don't stiffen it so much that you can't make a good turn, but keep it firm so it can support the swing.

II. Two Common Mistakes: Hitting Thin & Fat.

Although every golfer is unique, the mistakes that plague them are not. Two of the most common are "thin" and "fat" shots.

-“Thin” means you’ve hit the top of the ball with the bottom of the club.

-“Fat” is hitting the ground behind the ball. Here are the causes and cures.

A)Hitting It Thin:

After the slice, the thin or "topped" shot might be golf's most common fault. Rather than the clubface meeting the ball flush the club's bottom edge strikes the top half of the ball, sending it scooting along the ground.

This shot produces inconsistent distance, whereas the low trajectory brings extra trouble into play.

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The thin shot often results from trying to help the ball into the air. Many golfers don't trust a club's loft and downward blow to launch the ball skyward.

Only a proper swing — a descending blow with the irons, a low sweep with the woods — gets the ball airborne.

Another common cause of the top is starting with your head too low or your body bent over.

You may think starting in a crouch will help you stay down at impact, but your body straightens up during the swing, lifting the club.

The *key* is proper posture: Don't stoop or drop your chin on your chest at address.

B) Hitting It Fat:

The "fat" shot—sometimes called a "fluff" — also has a variety of causes. If you're hitting fat with the irons, you may be playing the ball too far forward in your stance. Move the ball an inch or two behind your front heel for iron shots.

If changing ball position isn't enough, you're either picking up the club too quickly in the takeaway or making a poor weight shift.

In either case, keep your hands and wrists firm as the backswing

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begins, and turn, rather than tilt, your upper body.

Your weight should move to your back foot on the backswing, then to your forward foot on the downswing.

If it's doing the opposite — a "reverse pivot" — your body will be moving away from (rather than toward) the target on the downswing and the club will hit the ground well behind the ball, sending it very high and very short.

III. Conclusion.

There's a lot more to golf than the basic quick tips I introduced above. Besides curing that awful slice & stopping from hitting it fat & thin, there are many other ways to improve your score immediately.....

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