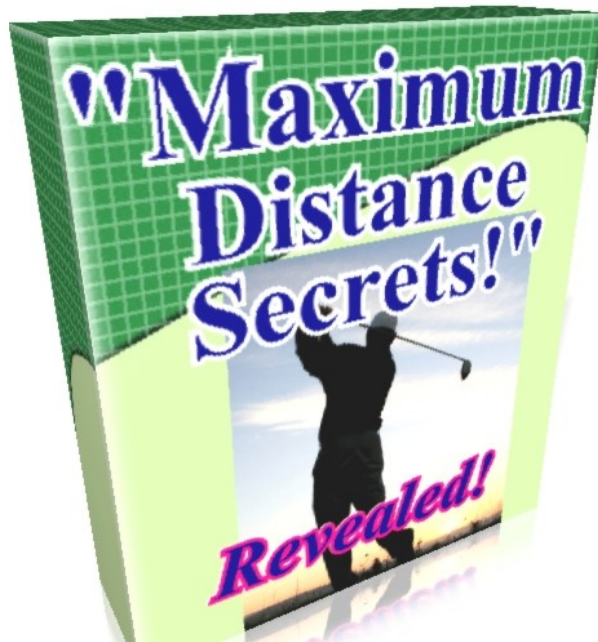


Strictly Off The Record
"Swing Like A Pro Today!"
Mini-Report



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I. Introduction

Golf is a great game...but it can also be incredibly frustrating. The best way to quickly take strokes off your score is to make some simple changes to your game. My goal is to give you advice you can read today and use tomorrow: how to cure slices, hooks, and shanks, how to deal with problem shots, how to make sure two putts is always enough, and additional general tips. The following are simple ideas and techniques any golfer, regardless of skill level, can understand and use to lower their golf score the next time they play. So...let's get started!

II. Correcting Swing Problems – Learn From Your Ball Flight

Whether you've been playing golf for years or have just begun, you have the ability to be your own teacher. By watching how your shots fly, you can determine — and begin fixing — your faults. Ball flight is determined by two variables: the path of the club on the downswing and the position of the clubface at impact. Study your shots to determine the variables that created them and you can make corrections.

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A.Swing Path

In a perfect swing, the club approaches the ball from inside the target line, is square to the target at impact, and comes back inside in the follow-through. A common fault is the inside-out swing, approaching the ball from inside, then pushing the club to the outside (toward right field). Most shots off this swing start to the right; where they finish is determined by the clubface.

If the face is square to the inside-out path, the ball sails dead right, called a “push.” If the face is closed (aiming left), the result is a roundhouse hook, starting right then curving left. With an open face (pointing right), the ball bends right to right.

In order to counter an inside-out swing bring the club straight back as long as possible in the takeaway phase.

An outside-in path brings the club into the ball from the far side and moves it toward left field. Shots from this swing begin left. If the clubface is square, the ball flies dead left, called a “pull.” An open face makes the ball curve sharply left to right. A closed face makes the ball curve even further left.

Correct an outside-in swing by bringing the club inside the line in the takeaway.

A proper inside-square-inside swing starts the ball straight. Any subsequent movement is the result of clubface alignment: Off an open face, the ball bends right; a closed face curves it left.

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B. Clubface Alignment

Ideally, the clubface is square at impact, aiming in the direction of the swing path. If you've determined from watching your shots that the face is open, strengthen your grip at address by turning the hands slightly away from the target. If the clubface is closed, weaken your grip by turning your hands toward the target.

III. Eliminating the Ugliest Golf Shot

The ugliest shot in golf is the shank, or as the British politely refer to it, the "socket." This horror occurs when the ball is struck by the hosel — the part of an iron that connects the head to the shaft — rather than by the clubface. The ball flies low, short, and sharply to the right, almost perpendicular to the target line. And you're embarrassed.

There are many possible sources of a shank, from your setup to your swing. These adjustments will help you shake the shanks.

A) At Your Feet: If you set up with too much weight toward your toes, you're likely to fall forward during the downswing. This shifts the swing plane forward as well so you hit the ball off the hosel. Start with your weight distributed evenly between the heels and balls of your feet and keep it there throughout the swing.

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B) In Your Head: If your head drops forward during the swing, it means your upper body wants to take over and lunge toward the ball. This also shifts the swing plane forward, producing the shank. To stop lunging, try to keep your head from moving down toward the ball. Don't tense up, which will restrict your swing, but think about holding your head in place.

C) In Your Hands: At impact, the hands and wrists should lead the club head into the ball. But if the wrists break early, the club head flips toward the ball, causing a shank. Address the ball with the hands and wrists slightly ahead of the ball, and keep your wrists firm during the swing and impact. Don't make them so stiff they can't cock naturally on the backswing and coming down, but firm enough to maintain control. Shanking is especially common off short irons, when you place the ball back in your stance. If so, position the ball forward, off the left heel.

This gives the club extra time to square up before impact. Also try rotating your arms toward the target coming down, further encouraging a square clubface.

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