

# How to be Consistent with that Expensive Stick

Even long-drive World Champion David Mobley of Charlotte will tell you the driver can be without a doubt the most difficult club in the bag to hit. The reason for this is because it is longer and even the slightest swing flaw can put the wrong kind of spin on the ball resulting in either a slice or a hook. Here are a few tips to keep in mind when learning how to hit this club.



## **Tip 1: Maintain balance**

Balance is critical in the golf swing because a balanced golf swing is usually much more accurate and on plane than an unbalanced one. One of the keys to staying balanced is to swing within yourself. You need to know your limits and then swing with control.

Distance comes from making good contact and also from launching the ball at the correct launch angle and putting the right kind of spin on the ball. The formula for hitting a solid drive in the fairway can be rather complex but it is not impossible to accomplish.

## **Tip 2: Use proper equipment**

The driver you choose should be based on your current swing speed. If your club head speed is less than 100 mph then you need to choose a driver that has a regular flex and has loft greater than 10 degrees. If it's over 100 mph then a club with a stiff flex and loft lower than 9 degrees would be appropriate. Have your local pro or golf equipment store check your club head speed, and get the right driver in your hands.

## **Tip 3: Build your wrist muscles**

Wrist muscles help generate great club head speed. One way to build wrist muscles is to do wrist curls. Simply take some dumbbells and hold them to your side while standing and then move your wrists up and then down slowly. Make sure you feel your wrist muscles working and do not get other muscles involved in lifting the weights.

## **Tip 4: Practice**

There is no magic formula for hitting drives far and straight overnight, but the fact is that you will have to put the time and commitment necessary to learn the golf swing. This does not mean that you have to beat 300 golf balls a day. Rather hitting even a small bucket with focus and purpose on quality shot can be effective done 3 to 5 times a week.

## **Tip 5: Use leverage more effectively**

Leverage is the ticket to hitting the ball farther, and is the angle created between the left hand and the club shaft on the downswing just before impact. One way to create more leverage effortlessly is to think of the club as a whip and feel yourself whipping the golf club through the hitting zone. Avoid getting your right hand involved in the down swing if you are a right handed player since this tends to result in casting the club (over the top) or releasing the leverage angle too early, instead feel yourself pulling the club with your left hand through the downswing.

Use some of these golf driving tips to help you hit the golf ball farther and straighter, yes be more consistent with that #1 stick in your bag.