

Do you need to redo your swing “From Inside Out?”

Just about every time I give a golf lesson, I ask the person where they are aiming. More often than not they are very general about the aiming line. This is a line that can really help form a solid foundation for your swing. To view the aiming line well, (sometimes it's called the target line, or ball flight line) we have to get directly behind the ball on every shot. The farther we get behind the line, the better we can see it. The true trick to using this line is how we watch the line change as we walk up to the ball. Some players pick a secondary target (a weed, a light or dark spot) that is closer, to help us with viewing this line better. When we get up to the ball, it is essential that we can still see this line, because our eyes are on the body line, which is parallel left to the aiming line. Then we can put our clubface down with the leading edge square to it, and then try to get our body, parallel left to this line.

You have probably heard the terms inside and outside as it refers to the swing. Inside is the area toward your body, and outside is the area to the outside of the aiming line. Our clubface, should always remain on the inside of this line. When our body turns away from the ball our club automatically goes back “inside the line”. As we turn back into the shot, the club gets back to the line, and then continues back inside the line. The club path forms a letter “C” on the ground with the player on the inside of this line. This causes the hands to react at the proper time to unhinge and release through the shot, giving us maximum speed, and square face. This doesn't have to be perfect, nothing in golf needs to be, but it has to be good. So get to know the aiming line and you will straighten out all of your shots.