

The Practice Swing

The practice swing is something that most golfers do, but do we do it well? Arnold Palmer once said, “ If golfers would just copy their practice swing, which is usually slower (which gives the club more time to pick up speed) and smoother, they would hit a lot more good shots.” Unfortunately, most golfers, when you put the ball in front of them, swing differently.

Personally, I think the practice swing can be very helpful. In order for it to be helpful however, it has to almost mirror our intended swing. We have to swing the proper club at the intended speed, the same rhythm, with the same grip pressure, same swing thought, same lie angle (to accommodate the side hill, uphill,downhill lies) under the same conditions as our intended swing. Successful players even try to feel the ball impact the clubface with their practice swings. As one famous golf instructor said, “Feel the swing, then swing the feel”. Is this what you try?