

Making Good Contact: How to Play Golf From the Very Beginning

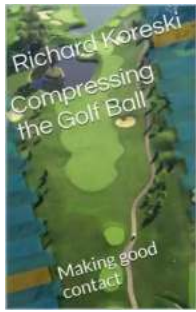
Golf is a sport that has captured the attention of many people all over the world. It is often seen as a way to relax, unwind, and enjoy the great outdoors. However, for those who are just starting out in the game, it can seem quite daunting. There are many aspects to learn, from the proper stance and grip, to understanding the different clubs and their uses. One of the fundamental skills that every golfer must develop is making good contact with the ball. In this article, we will explore the basics of making good contact and provide you with some helpful tips to get started on your golfing journey.

Understanding the Basics of Making Good Contact

Before we dive into the tips and techniques, let's first understand what making good contact means in the context of golf. Making good contact refers to hitting the ball with the center of the clubface, resulting in a solid and accurate shot. When golfers make good contact, the ball flies straight and true, maximizing distance and control. Consistently making good contact is crucial for improving your overall golf game.

The Importance of a Proper Stance

When it comes to making good contact, having a proper stance is essential. By positioning yourself correctly, you can ensure that your body is properly aligned with the target and the clubface is square at impact. Here are a few key points to keep in mind when adopting your stance:



Compressing the Golf Ball: Making good contact (How to Play Golf from the Very Beginning Book 2)

by Liz Doolittle (Kindle Edition)

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- Stand with your feet shoulder-width apart.
- Position the ball in line with your front foot.
- Keep your weight evenly distributed on both feet.
- Bend your knees slightly to maintain balance and stability.
- Relax your arms and keep them slightly bent.
- Maintain a straight posture and avoid slouching.

By adopting a proper stance, you set yourself up for success when it comes to making good contact with the ball.

The Grip: Key to Making Good Contact

In addition to a proper stance, having a correct grip is vital for making good contact with the ball. Grip the club too tightly, and you risk restricting the natural motion of your swing. Grip it too loosely, and you may lose control

over the clubface during impact. Here are a few key points to remember when it comes to gripping the club:

- Hold the club with your left hand (for right-handed golfers) with the thumb pointing down the shaft.
- Place your right hand (again, for right-handed golfers) over your left hand, with the three middle fingers overlapping.
- Keep your grip firm, but not too tight.
- Ensure that your wrists are not too tense or overly loose.
- Practice your grip until it feels comfortable and natural.

A proper grip allows you to maintain control over the clubface and achieve better contact with the ball, resulting in improved shots.

The Swing: Mastering the Art of Making Good Contact

Now that we have covered the basics of setting up for making good contact, let's move on to the swing itself. The golf swing is a complex motion that involves the coordination of various body parts and timing. Here are a few tips to help you improve your swing and make good contact with the ball:

- Start your swing with a smooth and controlled takeaway. Avoid jerky or hasty movements.
- Rotate your hips and torso to generate power and initiate the downswing.
- Keep your eye on the ball throughout the swing, maintaining a steady head position.

- Keep your wrists firm but flexible, allowing for proper release of the clubhead.
- Follow through with your swing, ensuring a balanced finish with your weight on your front leg.

It is important to note that a good swing takes time and practice to develop. Focus on these fundamentals and gradually build your swing technique for optimal contact with the ball.

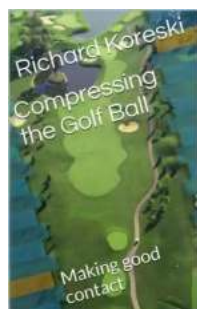
Practical Tips to Improve Your Contact

Besides the fundamentals, there are a few practical tips that can help you improve your contact with the ball:

- Regularly practice hitting balls at the driving range to develop your technique and build muscle memory.
- Experiment with different clubs and pay attention to how each club impacts your contact with the ball.
- Watch instructional videos and seek guidance from experienced golfers or golf professionals.
- Develop a consistent pre-shot routine to prepare yourself mentally and physically before each swing.
- Stay patient and persistent. Making good contact with the ball is a skill that requires time and practice to master.

As you embark on your golfing journey, remember that making good contact with the ball is a fundamental skill that every golfer must develop. By understanding the basics, focusing on your stance, grip, and swing, and

incorporating practical tips into your practice routine, you can gradually improve your contact and enjoy the game to its fullest. So grab your clubs, head out to the green, and start making good contact from the very beginning!



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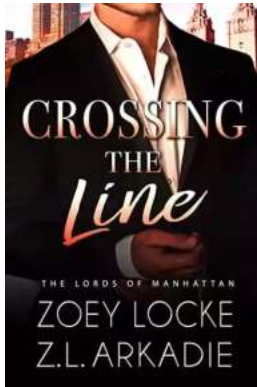
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The number one thing that most new golfers get wrong from the beginning is how they imagine that you are supposed to hit a golf ball. A good deal of the misinformation comes from the TV and watching professional golf on TV. If you watch golf on TV and you don't know much about it, you can come away with the idea that you need to dig up the lawn



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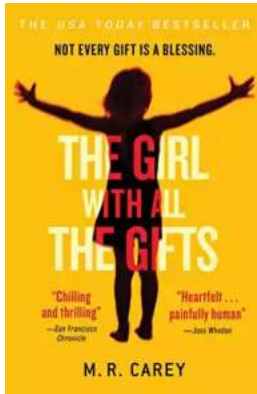
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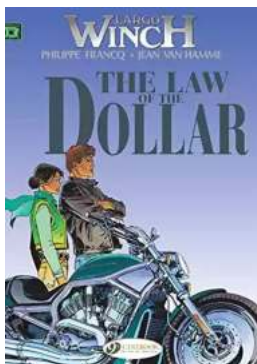
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