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Foreword

Golf is a game that is played outdoors and for those who are particularly fond of playing golf, weather conditions have little effect on the urge to get out and play. Being a game that involved the use of several different clubs and a ball, this can be a very challenging game to venture into both in mind and body. Get all the info you need here.



Golf Guru

Grasp the secrets to swing like a pro and conquer the
course

Chapter 1:

What is the gold game all about

The game is played by a series of strokes made by a player using a set of clubs. The idea is to hit the ball into a set of either 9 holes or 18 holes and for those who can get enough of golf, there would be further holes to play. Generally the ball is to be stuck the least amounts of times as possible until it finally reaches the hole in play. The eventual aim of the golf player is to be able to complete the 18 holes round with the least amount of ball strikes, otherwise referred to as strokes.

Played on an vast area called a golf course, it is among the few games that does not really have a standardized plying area, as the courses can be designed to the basic set of requirements with a lot of additional challenges and other features. Most of the courses would be designed to be able to boast a certain level of scenic beauty, where the players would be able to appreciate nature while playing the game.

This game can be played as a singular player, a twosome, a threesome or a foursome. However there are some courses around the world that are not too particular and sometimes a group of five or six will be allowed to play. Using a cart called a buggy the player will have an easier time getting around the course; however for the more exercise conscious individual, walking the course is also possible. Although fast gaining popularity, it is still a fairly inaccessible game to the masses due to the fact that it can and usually is rather costly.

Chapter 2:

How to become a professional golfer

It is possible to make a decent living playing golf professionally. All it takes is the focus and effort to master the game to the level that will facilitate better percentages of victory. Commitment and focus and a little talent, will usually be the most important ingredient that will help the individual achieve this goal.

The following are some step to consider in the quest to become a professional golfer:

- Perhaps the most important element to tackle is getting proficient at the game. Being able to play to an extremely low score consistently will create the ideal platform for winning, thus giving the individual a chance to compete professionally.
- The individual would have to start by competing in local golf tournaments. Building a strong game and reputation on this circuit with consistent wins will provide the stepping stone to higher grade games. Once the wins are consistent, the individual will then take on the status of amateur, which will be the first step in the next level of competitive playing.
- The next step would be to break into the ultimate golf playing circuits, such as the PGA tour, the European tour and the Asian tour, all of which requires the individual to already be a consistent winner in the other minor tour circuits. Applying to

play in the fore mentioned tournament circuits and being invited to do so, would put the individual in the ultimate playing field of golf as a professional.

- Once the individual becomes part of the professional playing tour, then all focus should be on maintaining this position by making sure the rating awarded to the individual does not fall below the top 125 internationally ranked system and also being high on the money list of wins. This will allow exemptions, that can help the individual choose the tournaments to play in.



Chapter 3:

Getting your golfing gear ready

A lot of people today are seriously considering the game of golf as a good recreational and healthy lifestyle change. This is mainly due to the fact that this game is played outdoors and therefore deemed refreshing, healthy and comparatively the least strenuous.

However getting started the correct way is very important as this can be quite a costly investment, therefore the need to be well informed before actually making any commitment decisions.

Some would advice taking a few classes with rented golf sets, before actually committing to buying one. This is to help the individual understand the game's basic requirements and to be able to try a few golf sets, before finding one that would ensure comfort and control.

The golf clubs are usually made of different types of metal combinations, therefore requiring the individual to be comfortable with a particular choice.

Besides the golf set, there are also accessories such as tees, balls, gloves and suitable outfits that should also be considered for its comfort and style features before a purchase is made.

The tees vary in height and the individual would have to find a size that gives the best and most comfortable strokes when used. The balls selected are also pivotal to the style of game style eventually adopted

by the player. However for most beginners it is really not a very important issue at this point.

Golf attire is quite specific in its requirements, as most golf courses are stringent in the ruling about how the players using their facilities should be attired.

This is to ensure the game's high standards in attire choice are maintained. Men are expected to be outfitted in collared t-shirt or other specifically designed shirts for golf. Women however have a little leeway to be more creative in the dress code choice, although certain universally accepted criteria's are still to be followed.

Chapter 4:

Knowing all the rules of golf game

The game of golf is clearly divided into two main playing areas, which are the fairways and the putting greens. The idea is to get the ball from the tee box which is at the beginning of each fairway into the hole on the green in as few ball strikes or strokes as possible.

As there are two main styles or formats involved, there are also certain rules to be followed while on the course playing the game.

The two main styles would be the match play and the stroke play styles. The general rules governing any golf game would be playing the course as it is, playing the ball as it lies and only by knowing and using the rules can the player turn things around to be advantageous.

The following are some of the basic rules or etiquette a player should be aware of and adhere to at all times when on the golf course, both for comfort and safety reasons:

- No movement, talking or standing too close to the player making the shot should be adhered to. Failing to observe this could result in unpleasant consequences.
- The player should not proceed with the golf shot if the preceding players are still in sight and in the way. This is to ensure the ball does not hit the players in front and cause injury. However slow or delayed play is also not allowed as this

will lead to other players behind being held up and thus contributing to the general air of frustration and annoyance.

- Allow faster players to play on through, as this will show consideration and all parties will be able to enjoy their game better. Replacing divots and smoothen foot prints and ball marks in the bunkers with the rakes provided is also another important rule to follow, as if not done, the player can be penalized and not allowed to play on the course in future.



Chapter 5:

It's all started with building your swing

Having the perfect golf swing will dictate the quality of golf the player is able to play. There are a variety of drills that can help the individual get a better understanding and eventually work on getting the right golf swing.

However it should be noted, that there are some golfers today that have their own peculiar swing that would not be considered “right” but it works well for them and keeps them at the top of their game. Therefore with this in mind, the individual should not be overly concerned about getting the technicalities of the golf swing perfect, but rather getting comfortable with the swing while making the best shot possible should be the main aim.

A good golf swing starts with consistent rhythm. Making a good forward swing would require the individual be able to make a good back swing that would flow arithmetically into the forward swing motion. The main object should be to create speed on the downward swing rather than the upward swing as this might shift the balance of the stance and the body, thus lowering the possibility of a rhythmic swing.

The arms should ideally be used more than the hands, when drawing the club back, which should be done in a one piece motion. As the club is taken towards the back swing, the left shoulder and hips should turn naturally to allow the weight of the body to transfer to the

right. As the club continues past the waist, the shoulders should continue to turn naturally. Ideally there should be a sort of pendulum motion that unfolds.

The main objective of the downward swing would be to return the club head to the ball with maximum yet controlled speed. Connecting too fast can cause a poor shot or a short that misses its directional course. Maintaining eye contact on the ball during the upward and downward swing is extremely important.



Chapter 6:

Establish your swing plane the right way

The swing plane is perhaps the most basic and important part of the golf game and requires the player to master the path of the golf club's shaft through the actual swing. The angle of the shaft would determine the club head position which in turn will affect the outcome of the ball strike.

The following are some of the ways an individual can consider when trying to gain some control over the swing plane executed:

- The address – the shaft should be positioned to start at a 45 degree angle to the ground.
- When taking the club back for the swing, it should be until the left arm is fairly horizontal. Here the club's butt or the part at the end of the grip should be pointing directly along the target line. This target line is the direction the ball is to take in flight to the intended spot. If this is achieved, the individual is now successfully on the swing plane, however if there are any variations to this, it would mean the target line is not ideal thus causing the shot to end up off its intended course.
- At the top of the swing position, the club should be in parallel alignment with an imagined line drawn along the heels. If this is not positioned so, then there would be a high probability of hooking or slicing the shot. Within this particular movement

there are many other smaller details that should also be considered and followed as closely as possible.

- Halfway through the downward swing, when the left arm is back in the horizontal position, the shaft's butt should be pointing to the target line. This will create identical movements in the upward and downward motions.
- In final impact should be executed with the club face square to the ball. Being able to create this final square impact is very important.

Chapter 7:

Rolling the game with your stroke

Being able to roll the ball efficiently into the hole once it reaches the green is important, as it will determine the final score for the particular hole played, and this will eventually effect the overall score for the entire game.

Therefore, it would be beneficial to master the art of playing the ball once it reaches the green which would be called putting.

Standardizing the length of the putting back stroke to the roll would give the player a better chance to create more precision in the distance and strike, therefore ensuring a more accurate putt. The player should be able to read all the contributing factors before deciding on the length of the back stroke to be taken and the impact it will create when in contact with the ball.

This distance and the impact in the backstroke the putter takes, can also effect the direction the ball follows and this is especially so, if the putter is not properly squared when actual contact is made.

Other contributing factor that should be factored in, are such as the gradient of the putting green's surface, the consistency of the green surface, the angle the blades of grass naturally takes, the speed of the green and the type of grassy material that is used to create the surface area. Being able to read all these different factoring elements will

enable the player to make better and more accurate judgments on the putting stroke to apply so that the ball find its mark. While taking into account all of the above factors, the player would then have to learn how to successfully gauge the distance the drawback stroke should make to ensure there is enough momentum on the roll of the ball to sink it into the hole.



Chapter 8:

What you need to know about chipping and pitching

Chipping and pitching are two essential parts of the game especially when the ball did not make it to the putting green with the original intended stroke. Therefore in order to have a more complete game, the player would have to be able to handle chipping and pitching strokes adequately and accurately.

The first thing to understand is that in most cases the chipping or pitching are done using specifically designed clubs. These clubs would be the pitching club, the sand and the lobb wedge. These clubs are specifically designed with a sharper angle to enable the stroke to bring forth a sharper angel when coming in contact with the ball.

When trying to use anyone of these clubs, the idea would be to ensure the hands leas the swing and the ball should be placed far back in the stance.

This will allow the descending contact made on the ball, to be more accurate and in a rather scooping motion. The touch or the stroke here should also be softer and gentler when creating the impact on the ball.

This is usually possible to achieve as the ball is already closer to the putting hole, thus needing less force in its trajectory. Ideally the ball should be played in a manner that allows it to roll along smoothly as soon as it makes contact with the surface of the green.

However most players are too controlled in the downward stroke, that they often miss hit the ball rendering its movement to either a few feet short of the hole or way past the hole.

Generally the swing motion is about the same, which would be a well formed pendulum motion that is much shorter in comparison to an actual full out swing, however the stance would be different as the player would have to adopt a more open stance.



Chapter 9:

Gaming with your smartphone.

There are quite a few common mistakes that are usually prevalent in most players' game, and with a little guidance and understanding it is possible to successfully address these faults and make the necessary adjustments to ensure better quality of play.

The following are some of the more common pitfalls of the golf game and how they can be addressed:

- An exaggerated twist – this does not in any way contribute positively to the eventual outcome of the swing made. Over twisting will only create the possibility of creating an off balanced swing which will change the direction of the swing thus causing a slice or a pull. It would be better to focus on better posture that will create the ideal pendulum for the perfect execution of a swing.
- Missing the putt line - being able to visualize the putting line and making all the necessary adjustment to ensure the line estimated is followed as closely as possible is very important to eventually sinking the putt successfully.
- Lack of acceleration – the importance of acceleration of the club through the eventual ball contact cannot be emphasized enough. Most players seem to hesitate on the down swing thus causing the decelerating percentage to be apparent and this

eventually affects the overall results of the ball and club contact. This usually creates the scenario where the ball is scooped up high, instead to making a fairly straight trajectory movement. The key to gaining distance would be at the finish of the swing and not on the backswing.

- Leg movements – this is another common pitfall of many golfers, as they seem unable to keep a firm and balanced stance position when attempting a backward swing. Once the body moves, the downward swing angle is changed, thus also effectively changing the course of the ball direction.

Wrapping Up

Playing in bad or challenging conditions can create a negative impact on the overall game of the individual thus generating poor scores and generally contribute to a very disappointing round of golf. However there are some ways to overcome these scenarios both mentally and physically to ensure better results.

The following are some conditions that can be rather challenging to deal with:

- Playing in the rain – this can present quite a challenge but with a little practice and some concerted effort, the individual will be able to have a fairly enjoyable time. The measures would include being able to be ready and well attired for the game in the rainy conditions. A good start would be to check the weather forecasts for the day and then ensure a rain suit is ready for use. Although some rain suits may restrict the player's natural swing, with some practice beforehand the player should be able to adjust and play accordingly.
- Playing in cold weather – this too can be challenging to the extent of being uncomfortable. Staying warm and keeping the gloves from becoming wet and icy as the game requires the full use of the hands and fingers to create good grips on the clubs. Keeping the hands tucked in a hand warmer may help, as will wearing warmer clothing. Softer balls are often recommended for colder weather conditions as they would have better trajectory

momentum than the normal ones in the colder weather conditions.

- Playing on a windy day – it is often hard to estimate the accurate direction the shot will take with winds blowing furiously around. Over or under compensating in measuring the shot will cost the player an unnecessary additional amount of strokes should be desired distance and direction not be achieved.

