

Tee-time with Josh



This month Joshua tackles the five common golf myths

text Joshua Willard

Here are 5 common myths that many players

swear by, not realising that they are actually hurting their game. Like many myths, they often contain a grain of truth, but the problem is that players become so focussed on them that they become over done.



Picture 1

Myth #1 – Keep Your Left Arm Straight

Your arms should be straight, but not so much so that your veins are popping out, as in *Picture 1*. Try playing any other sport with straight arms and see how tough it is. Your arms should be relaxed, not rigidly locked into place.



Picture 2



Picture 3



Picture 4

Picture 2 shows how it looks when you get it right.

Myth #2 – Extend the Club Nice and Wide

If the club goes back too wide, as in *Picture 3*, you will have no leverage, and no leverage means no power. In all sports played with a club, racket or bat, there should be a hinging of the wrists.

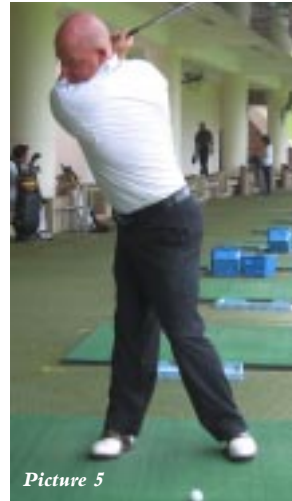
Picture 4 shows Nick Faldo setting his hands beautifully.

Myth #3 – Get As Far Behind the Ball As Possible

Many players have the concept that they must get so far behind the ball, that they then need to travel through three postcodes to hit it (*Picture 5*). The problem is, the more they move back, the more they have to bring it forward when it comes time to hit the ball. This makes it difficult to achieve consistency: the key is to keep it simple. *Picture 6*, of Nick Faldo, illustrates how easy and efficient the turn should be.

Myth #4 – Stay Behind the Ball At Impact

Just as in any other propelling sport, in golf you should feel as though you are moving



Picture 5

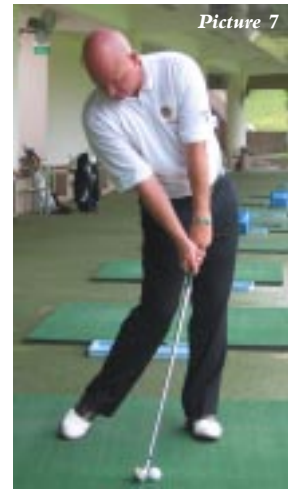


Picture 6

forward and transferring your weight through the ball. A lot of players think that staying behind the ball at impact helps to get it up into the air, but what actually happens is that the contact is thin, or on the blade of the club, and the ball goes right (*Picture 7*). The reality is that we are all behind the ball at impact, but you should feel as though you are moving through the ball, not hanging back (*Picture 8*).

Myth #5 – Keep Your Head Down

Otherwise known as the



Picture 7



Picture 8

Titanic: keep your head down forever (*Picture 9*). Once you've hit the ball your body should go around and up with the momentum of your swing, into the finish position (*Picture 10*).



Picture 9



Picture 10