

## Eyes On Your Best Golf Swing

"I know I am getting better at golf because I am hitting fewer spectators." ~ Gerald Ford

I guess this former president understood what it meant to improve on your golf swing! Golfing is one of the most popular sports in the world, especially for retirees. It is a great pastime sport that is played, not only competitively, but also for the sheer pleasure of relaxation. I played a 9-hole course with my brother once and I can see why it is a relaxing sport, with the exception of lugging the golf bag around! Many of my co-workers talk about their golf game a lot during the season, how good it is and how bad. Sometimes they are smiling and others don't go near them, don't ask how good their golf swing was, the whole game, etc. You wonder sometimes why they even went in the first place. The reason is Competition. It's not only a passtime game is it?

Whether you are already a die hard golfer or are a beginner, you want to learn how you can get the best golf swing so that you can start having fun and enjoying the game. If you want to get a better golf swing, here is how to do it.

### Flow of the Golf Swing

One of the most important things to know when it comes to getting the best golf swing is timing and body spacing. Slow anticipation in your backswing, and then launch an accelerated swing forward! Remember your backswing is slow and steady; this is a major step to take. If you just give it and see what happens then sure you might get lucky but you are going to need to have proper rhythm if you want to have the best golf swing. It takes practice, so don't get frustrated or give up if you are having troubles at first, because over time you will progress and improve your golf swing.

Many golfers make the mistake of thinking that if they copy another golfer's swing that they are going to be able to improve, - not true. In fact, you will do yourself a great disservice, because everyone's golf stance is different, depending on their own height, weight and other personal factors that may impact such things as balance and so forth. Remember that you really cannot improve your golf swing by reading a book or watching a video alone, but rather through taking the time to play the game as often as you can, and observing your own actions you can improve your golf swing greatly. It is true golfers offer you great tips and tricks, just make sure that you make your own game and that you create the stance that is going to work for you so that you enjoy the best golf game. Consider hiring a golf trainer who can show you how to stand correctly, correct your posture issues and help improve your golf swing.

### About the Author

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