

There's a Reason You Don't Love Your Golf Swing

by Dori O'Rourke, LPGA

I've been a natural athlete my entire life. I was named the top senior athlete in high school; I went to college on a tennis scholarship; I became a 3-handicap golfer after playing for just 2 years, and I currently play in two soccer leagues and one basketball league in my forty's.

I've loved playing sports for as far back as I can remember. I even enjoy practice. Since taking up golf as a 20-year old, I've probably hit over half-a-million range balls, and spent over 5,000 hours of my life working on my swing.

So, you can imagine my shock and disbelief when I realized that I'd been teaching golf for over 15 years, and still didn't have a golf swing I liked!

How was that possible? How was it possible that someone with my athletic talents; someone who enjoyed practicing; and someone who knew the golf swing inside and out like I did, didn't have a great-feeling, solid, repeatable golf swing ... after 15 years of practice?

I learned how to walk, run, swing a bat, throw a baseball, kick a soccer ball, and shoot a basketball with very little effort. I stopped "working on" those things years ago. Why, after 15 years, was I still searching for my golf swing?

Was the golf swing really that complicated? Was it really that different from softball or tennis? Or, was there just something wrong with me?

I stepped back from the game for a while and took a good, long look at how I'd been approaching swing improvement all those years. What I discovered changed my teaching and my life.

First, I had always been motivated to help my students learn faster and to improve my own game so I had studied everything I could about the golf swing. With no shortage of information, I was constantly learning and trying new things. Therefore, my swing beliefs shifted many times along the way.

Second, I had no problem hitting thousands and thousands of balls because I was always driven by the belief that the "new swing" I was working on would be the last swing I would ever need to learn. Unfortunately, it never was.

Third, and most important, NONE of the golf swings I had ever tried to learn were based on MY body. They were based on someone's *belief* about the "right way" to swing. Swinging the "right way" was always the primary mission. My body was secondary. In a way, my body was the enemy, always trying to do something different than what I wanted it to do.

The reason I never loved my golf swing became crystal clear. All those years, I'd been trying to learn "someone's else's" swing!

Like you, I'd been approaching the golf swing from the completely wrong direction. I'd been trying to fit my body to a golf swing, rather than finding the best golf swing for my body.

You'd never do that with a set of golf clubs. You'd never try to fit your body to the clubs. That's why custom-fit golf clubs are so important. You need your clubs to fit YOU!

As you can imagine, having a CUSTOM-FIT golf swing is even more important than having custom-fit clubs because it's absolutely impossible to have the power and consistency you want if your swing doesn't fit YOUR body.

With a CUSTOM-FIT golf swing, you get to go beyond swing methods and find YOUR BODY'S best way to swing. There's no more confusion; no more misinterpretations; and no more awkward, uncomfortable motions. Power and consistency increase effortlessly. Best of all, your golf swing FEELS GREAT!

So, if you don't love your golf swing, it's not because the golf swing is complicated. It's not because a golf swing is that different from a baseball swing or tennis stroke. And, it's certainly not because there's anything wrong with you.

If you don't love your golf swing, it's simply because you've been trying to learn "someone else's" swing.

In my next article, I'll show you exactly how to find YOUR best swing! In the meantime, if you have any questions, feel free to send them to CoachDori@CoachDoriGolf.com.



LPGA Teaching Professional, Dori O'Rourke is a popular writer, teacher, and speaker. Known to many as *Coach Dori*, her talks and writings have inspired and entertained thousands of men and women golfers coast to coast for over 20 years.

Her latest book, *Custom-Fit YOUR Golf Swing*, reveals the revolutionary swing program that is transforming golf instruction worldwide.