

The Fastest Way to Solve Any Golf Swing Problem

by Dori O'Rourke, LPGA

In my last two articles, I've introduced you to an entirely different way to approach golf swing improvement – the *CUSTOM-FIT swing approach*. In this article, I'm going to show you some specific examples of how to apply this new approach to quickly and easily solve any swing problem you may have.

You already know about the traditional swing method approach. That's when you take a pre-determined way to swing – the way you've been told is “right” – and you do your best to learn it. You're probably also well aware of the confusing contradictions, time-wasting misinterpretations, and awkward, uncomfortable positions normally associated with this approach.

Custom-fitting your golf swing is an entirely different way to approach swing improvement. Instead of starting with a specific swing method in mind, you start with the most important aspect of your swing – the one aspect of your swing that directly determines the results of every golf shot ... **IMPACT!**

A CUSTOM-FIT golf swing starts with the golf club at impact. This way, you're guaranteed to get the results you want and you completely bypass all the problems normally associated with swing methods. It's also the secret to getting the changes you want in the fastest, easiest way possible.

To give you a specific example of how the CUSTOM-FIT swing approach gives you faster results, here's a true story.

There was a woman who was having a big problem with her chipping. It seemed like no matter what she did, she hit the ball left of her target.

She took lessons from several different golf professionals in an attempt to solve her problem. Along the way, she was told to change her grip, stance, ball position, backswing, and forward swing. She practiced those changes diligently, but nothing seemed to help. Nearly every time she hit the ball, it still went left of her target.

She got to the point that she was so frustrated she was seriously considering giving up the game. However, thanks to a recommendation from a friend, she decided to schedule a lesson with me as a last ditch effort to solve the problem before quitting the game she had loved.

When I met with her for the first time, I could sense her frustration. She had tried numerous things and nothing had worked. She doubted that anything could help, but was willing to give it one last try.

She hit a couple of chip shots and it was easy to see the problem. I asked her if she knew why the ball was going left of her target. She began reciting some of the things she'd learned from her lessons, talking about her grip, stance, etc..

So, I said, “Let’s forget about your body for a minute and focus on how your club is connecting with the ball at impact. Just talking about your club, if you wanted to hit the ball left on purpose, how would your club need to be at impact?”

This was a new question for her. She had always been told to focus on her body, but she’d never had a golf professional ask her directly about her club. She admitted that she wasn’t sure how her club would need to be to hit a chip shot to the left on purpose.

I showed her the three basic clubface positions she could have – left, right, and straight – and explained how each would affect her ball flight. It less than two minutes, she completely understood how her clubface position could affect the direction of her shots.

Then, I asked her to notice the position of her clubface at impact when hitting a chip shot. She hit a ball and immediately realized that her clubface was facing to the left. This was a completely new experience for her. For the first time, she could actually see exactly what was making the ball go left of her target.

With her newfound clarity, within a couple shots, she straightened out her clubface and started chipping the ball straight to her target. Within five minutes, her problem was solved!

This is just one example of how much faster and easier it is to solve any swing problem when you start by focusing on your golf club at impact. In less than 10 minutes, the woman had solved a problem that had almost caused her to quit playing golf and not once did we talk about her grip, stance, or body.

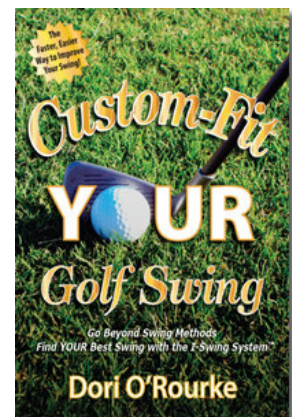
This same process works equally well for hooks, slices, pulls, pushes, pop-ups, chunked shots, topped shots, and any other swing problem you may face. Whether you’re trying to solve a problem with your full swing or short game, the first thing you need to understand is what would have to happen between the club and ball at impact to create the “problem” shot on purpose.

For example, if you want to get rid of a slice, first you need to understand what has to happen at impact to create a slice on purpose. Don’t get stuck focusing on your body motions or positions. They are always secondary. Impact is the one thing that determines the results of every shot. Therefore, it’s the most important aspect of your swing, and the primary place to focus your attention.

So, always start by focusing on your golf club at impact and you’ll be able to solve any swing problem you have in the fastest, easiest way. Plus, it’s the ONLY way to truly guarantee the results you want!

In my next article, I’ll show you how to tap into the true source of consistency. If you’ve been fighting inconsistency, be sure to read it! In the meantime, if you have any questions, feel free to send them to CoachDori@CoachDoriGolf.com.

NOTE: This article contains excerpts from Coach Dori’s newest book, *Custom-Fit YOUR Golf Swing*.





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 evolutionary swing program that is transforming golf instruction worldwide.