

Hitting The Ball: Is It That Hard?

A person watches the game of golf from outside. He thinks how difficult can it be to just strike a stationary ball? Major league baseball players after all, hit balls traveling at a high speed. Having such an understanding, the outsider decides to start on the game of golf. He has the conception only because it seems to require so little effort; the game of golf is as relaxing as it looks. Take a pause. What happens is that the majority of these people simply give up the game before they truly grasp the mechanisms of striking that small ball. It seems no problem at all to see an iron club throw a little ball so many yards, but when the new player takes his first swing often there is just a little movement, sometimes no movement at all, and worst comes to worst, there may also be backward movement. So before jumping to conclusions about the game, check it out a little more. It comes naturally to us to use the iron to cup it below the ball to strike the ball up into the air. But see the club. It is not at all structured to cup beneath the ball, instead it is angled back. The result is that when a golfer makes an attempt to scoop up the ball, he or she is actually trapping it between the ground and the angled face of the club. This is the reason why, frequently, the ball remains seated - or worse makes a little backward movement. It always best to learn to hit downward and not trying to hit up. This way the angled club will do the needful for you, not the club's upswing. And when you hit the ball down, the angle will push your golf ball forward. It's that easy. Admittedly it takes a little bit of regular practice to know how to put force behind that little punt. There will be temptation to hit hard and big. It takes equal practice to hold back that temptation and hit the ball correctly. You will notice your pelting begin to improve, once you have instructed yourself against swinging an upward motion. From this you will start to realize why there are so many options and choices of golf clubs which you have to make when attempting a shot. Once you determine to what distance you want the ball to move and how you require it to perform, you will need to choose your club based on the angle of the club. Do ask for help if you have been practicing but still are not sure whether you have really grasped the nuances of the game. Your golf course should house an attendant who could provide you with some pointers. You could also enroll for some private lessons. The course pro shop should have a list of teachers in the region. Again you can go for the tried and tested process. Ask another player you have seen play how he or she has learned it and if they can give you some tips for hitting the ball. You may feel foolish, but when other golfers entertain you with their stories of learning to hit the ball, everyone must take the issue up front. Go back to diligent practice equipped with those tips and the few lessons you have learned. It takes some time to train your mind to think about hitting downward instead of upward. Similarly it also takes time to habituate your body to do it the way you want to do it. Never let go of the game. Golf is all about relaxing yourself. There is no need to over stress yourself. Happy golfing!

About the Author

Reggie Dunn is a long time golf player and lover of the game. Get more information about golf at his blog, which can be found at [golf instruction](#)

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