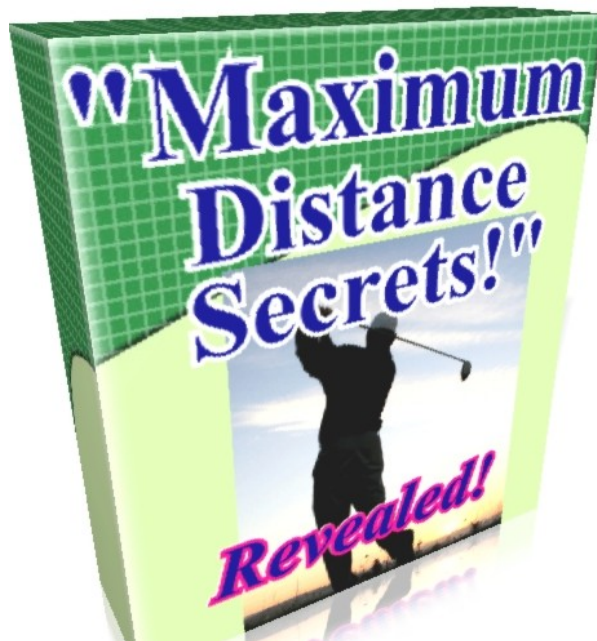


Strictly Off The Record
**"5 Power Practice Tips From
The Pros!"**
Mini-Report



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I. Keep Your Head Down & Eyes On The Ball

You never know what's going to happen each time you step foot on the course. This “unknown” aspect of golf can make the game exciting to play. Hit a full round at the local course at least three times per week & every game you play will be an entirely new experience...

Because golf can present you with hundreds of unexpected shots, you need to practice as much as you can. Regular practice is the only way to effectively prepare for the irregular situations that you may encounter on the course.

Practice unconventional approaches & shots. It's the only way to get better.

A. What Does *Unconventional Practice* Mean?

Far too many new golfers spend the majority of their time practicing long distance shots on the golf range. Very few work on their short game skills.

But, in order to really practice, you've got to work on those strange & undesirable shots that you will be inevitably presented with.

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**By the way, one of the best ways to do this is to practice with a friend. No one can think of all the shots. A 2nd viewpoint can really help!*

B. The Look Away

To give you a perfect example of an unconventional practice shot, here is a lesson that can help you *keep your head down & eyes on the ball* when your ball is in a troubled spot.

Step 1: First, take your stance to the left of the ball if you are right handed & to the right of the ball if you are left handed. Now, face away from the target. Looking away from the target may seem awkward at first. But, go with it. Relax & loosen up your body.

Step 2: Now, hold your club (whichever one you like) with it extended down from your most dominant hand. The blade should be pointing towards the ground, directly at your feet.

Step 3: Next, place the blade of your club behind the ball & turn your head slightly back in order to properly aim your shot.

Step 4: Pull the club upwards while extending it forward. Then, swing the club down & along your target line as best as you can. Follow through as far as you possible can.

Step 5: Resist the urge to turn around & watch the end result. Simply concentrate on following through & getting the ball back in to play towards the green.

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II. A Quick Drill For Consistent Shots

Hitting consistently is a must. Many players look down the line & get their clubs get too vertical on the downswing. This can lead to taking too much turf, steep divots, & a ball spinning off to the right.

All of this is influenced by your initial setup.

For example, if you have too much bend in your upper body & your arms extend far away from your body, there may be a lot of tilt. This can cause the golf club to get too vertical on your backswing. This can also create steepness in your downswing, your club to get stuck into the ground, & a reverse rotation in your arms.

So, if you stand taller at address & get the end of your golf club more toward your belt buckle, this will put you in an ideal position.

However, this doesn't mean that your swing will necessarily get more "rounded out" or produce a consistent shot. Let's look at this simple drill to help out...

A. The 15, 10, 5 Drill

1. First, take a practice shot with the ball 15 inches above the ground. By swinging so high, you should observe a nice rounded swing (almost like a baseball swing). After swinging through, square up the clubface.

2. Next, move to 10 inches above the ground. Swing right around &

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through it.

3. Now, try 5 inches off the ground. Repeat #2.

4. Finally, try it from the tee. Make sure the end of your golf club is pointing at your belt buckle.

III. A Sound Follow-Through

You can still have a good shot even if you follow through awkwardly. Nothing you do after the ball leaves the clubhead is going to influence where it goes. But, a sound follow-through is still a vital element in a golf swing. It helps insure that everything that comes before it goes according to plan.

What is a good follow-through?

In general, there are three important elements to look for:

1. How the hands finish.
2. How the right shoulder finishes.
3. The position of the head.

Ideally, the hands should finish high. This indicates that you have brought them straight through the impact area & out toward the target. If your hands finish past and below your left shoulder, it usually means the swing was too flat or your wrists rolled over excessively during impact.

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At the same time, your right shoulder should stay down & underneath the left. This indicates that you have hit straight through the ball & didn't pull the face of the club across at all.

Finally, your head should be kept down but slightly tilted to the point where you can watch the flight of the ball almost entirely out of the corner of your left eye.

This means you have maintained a steady position throughout the swing & "stayed down" on the shot.

Congrats!

IV. Changing Your Address

Many people these days believe that golf becomes easier when you isolate & eliminate swing problem variables...

A. The Old Advice

The traditional theory for hitting irons believed that "...as the loft of the club is increased, the position of the ball address should be shifted to the right. And, your stance should become more & more open."

Every club, therefore, required its own stance.

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B. Today's Advice: KIS

The system that most professionals use today is much simpler. In this system, the right foot is moved closer to the left as the loft of the club increases. And the ball is positioned slightly closer to the golfer because the shaft of the club is shorter.

But, regardless of the club being used, the stance is always kept square to the line of flight. And, the ball is always played off the heel.

V. A Journey To Confidence

What would you say is the most important aspect in becoming a better player? How can you get complete fulfillment from the game? What aspect of this sport is the key ingredient to having the most fun?

Some people say that patience is the answer. Others point out that practice & repetition is the key to success in golf. And it is.

Some players even think that having the right golf clubs is the "magic potion."

A. Great Answers...

All of the above definitely have their place. But, the most important aspect to golf's "mental game" (at least for this mini-report) is:

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Confidence. A generally good feeling about the strength of your abilities can be a priceless asset.

(Click below for the definition of confidence if you are curious as to its meaning):

Confidence

Having confidence in yourself is important in golf & practically everything else too. How you feel about yourself will carry over into the quality of your game & elsewhere. Thousands of golfers have lowered their scores & increased their relative happiness by just reassessing how they view themselves.

B. Performance

Similarly, there is also "performance-oriented" confidence which is based more upon the specific increases in your golf game itself.

If you have very little confidence in your abilities, then you will not perform optimally. Practice your golfing skills diligently & you will develop your performance confidence as a result.

C. True Confidence

Your confidence levels can be adjusted & worked on step-by-step. Larger personal issues & improving your self image can take as little as a week or as long as a lifetime...

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Low self-esteem levels can be layers deep & uncovering them far outweighs the scope of this mini report. However, in terms of performance confidence, there are definitely some common ideas which all of us can benefit from.

The most important thing to remember is that golf does not define your life. The skills needed to be a scratch golfer develop gradually.

If you think you will only be happy when you become "better" at playing golf, then happiness will elude you. You will chase this vague goal for years....& how will you know when you get there?

True joy comes from having fun & accepting the fact that golf is a lifelong journey, not a destination.

Let me repeat: *Golf is a journey, not a destination*. Write it down & watch your happiness increase with your golf game.

But wait!

There's A LOT MORE than was presented here!

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