

Preparation In Teeing Up The Golf Ball For The Big One

Contributed by George Gabriel

I know a lot of us golfers have headed up the main drive to the golf course, in anticipation of hitting the big golf ball off the tee. There are four main procedures that we all seem to overlook at times. Hitting the big one, or launching it off the tee has four important steps to consider before we let the golf ball fly.

Tee it up! Why would golfers risk taking a divot with a driver? The risk reward is far greater if you have the ball sitting slightly off the grass. Sure you will get a lower trajectory ball flight, but the chances of taking some grass with it are greater. When you have just air between the clubface and the golf ball, the club head speed will be far faster than having grass in between. Tee it up and let it fly?

Alignment on the tee box is very important. I know a lot of golfers have been fooled, including myself by the layout and design of the tee box. The architect purposely designed the golf course in such a way, that you have to think before you act.

Nothing more discouraging, than launching the big one off the tee in the wrong direction, sometimes you will find the tee box facing southwest, and the fairway is heading southeast. To avoid this directional hazard, one must stand behind the golf ball and look down the fairway, and not down the tee box. Another foolproof method would be to address the ball with the club head behind the golf ball looking down the fairway and stepping into position. Once your aiming in the right direction, go ahead and launch it off the tee box!

I would like to think the third important procedure, would be to plant your feet. I don't know how many times we have stepped into the ball and only to find out that our footing has gave away below us, especially on early mornings because of the dew on the grass or wet weather conditions. Have you ever seen a golfer waggle at address? It may seem like a long ritual, but it works. Planting your feet wil keep the upper portion of the body steady for a good liftoff.

The other important procedure, is keeping your head still. Have you ever watched Jack tilt his head up slightly and steering directly behind the ball, before liftoff? His head is locked into position. I've personally have tried lifting my head slightly. I find by doing so, it leaves a little more room for shoulders to turn freely through the upper coil of the body. Keeping your head steady is the key indicator as to where the clubface has to return for impact. In having a steady head will avoid a lot of guessing as to where the ball is at impact. Lock your upper portion of the body in place by starting with a steady head and let her go!

With the ball teed up, right direction, a steady head and feet planted, the golf muscle memory will take care of the rest.

About the Author:

Learned how to golf as a caddie, and played the game for 20 - 25 years. Now running a tee time site at <http://www.golfanchor.net>

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