

CHECK YOUR GRIP!!!



Good fundamentals of any sport should be learnt at the start, but I still see people that have played for years with poor address positions noticeably the grip. I teach all my beginners and juniors to place the hands correctly on the club.

The hands are the only part of your body that have a connection with the club, so need to be placed on the club in a way that allows the wrists and forearms to move freely. The positioning of the hands on the club at address has a direct influence on where the club face is aligned at impact.

Neutral Grip

Firstly I will talk about what I would call a neutral grip. This is the most natural position for my hands to be in due to the biomechanical structure of my wrists and arms. When I look down at my left hand in my address position I see 3 knuckles on the back of our left hand and I can see half the badge on my glove. This is what I term a neutral grip; this 3 knuckle positioning allows my hands and forearms to work correctly during the swing, bringing the clubface at impact straight where I want the ball to go.



Happy Golfing

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Poor grips

Weak Grip

The grip below is what is termed, Weak. A weak grip strays from my natural placement of my hands with the left hand to much underneath the club. When this player looks down at their grip, they would see one knuckle on their left hand and would be unable to see the badge on their glove. During the swing the hands rotate clockwise to reach their natural positioning and this creates an open clubface at impact, pointing right of the target, causing the ball to fly to the right.



Strong Grip

The grip below is termed, strong. A strong grip again moves away from our neutral grip placement, this time with our left hand to much on top of the club. When a player with a strong grip looks down at their left hand in the address position, they would see all four knuckles and the whole badge on their glove. During the swing the hands fight anti-clockwise to reach their natural placement. This has a negative effect on the clubface alignment, with the clubface closed at impact, pointing to the left of the target. This causes the ball the fly left of the target.



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