



# DYLAN GOLF

## STRIKING THE BALL ACTION

As said before, in the Title 3 Mistakes in golf, the number one is trying to lift the ball into the air. This mistake is paramount in hindering the learning of golf. It hinders approximately 66 million golfers worldwide (at the time this was written). I have witnessed thousands of students and players myself around the world that with out exception when learning this great game do just that. THEY TRY TO LIFT THE BALL. I always say that this is not their fault. It is an instinctive problem of the brain. It is already programmed in our brain that objects that go upwards need a force against gravity to achieve this. Unfortunately in golf it is not so. If so I would not have a job and everyone would play great golf. So the art in learning how to hit down on the golf ball is a phenomenon in my experience like no other. What can be so easily explained and demonstrated is not at all easy for the novice to do. The instinct is so great to lift the ball people don't even know that they are doing it. It happens automatically.

I will demonstrate to you that you can hit anything from a piece of grass, a small stone, a flower, a tee with no problem at all. But when you see a golf ball you cannot. This proves the phenomena of the brain trying to lift the ball. The other objects you tried to hit didn't have to fly so it is no problem. I have had thousands of students asking if they can play with pieces of grass or stones or tees instead of golf balls.

So the main thrust of our teaching after we understand grip and comfortable posture is to learn using the hands to give a descending strike with the golf club to the golf ball. Once this is experienced and you see the flight of the ball that has just sprung effortlessly from your club head into the sky we can start going about the business of repeating it and ingraining it into your striking action. I would say that there are only 1% of 66 million golfers that can actually consistently do that.

So if you learn this, and you will, you can pat yourself on the back and say you are an exclusive member of 1% of all golfers worldwide. And I can assure you when you go out to eventually play with other players you will recognise this!!!

