

GOLF tips

by Jacques Beukes

Beat the ball barrier



So many golfers I come across are too focused on trying to hit the static little white ball in front of them. Now, before you say "what a ridiculous comment, the whole point of golf is to hit the ball", remember that getting the ball to go where you want it to rests on sound fundamentals – aim, set up, posture, grip – all of which affect the way we swing the club. When you're paying all your attention ball, its all too easy to forget about these important basics.

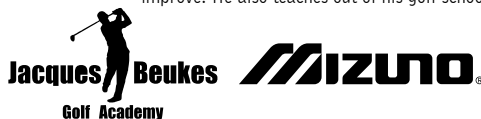
Ultimately, perfecting your game means perfecting your swing, and one way of doing that is to practice without the ball:

- Grab a club out of the garage, aim at your target (the tree at the bottom of the garden will do).
- Do your usual backswing and continue with the follow through (practicing in this way will also help your timing).
- Be sure to focus on your finish. Tips here include:
 - Keeping elbows and knees together
 - shake hands with the target (i.e. make sure your right hand is facing the target)
 - then chase the ball with the club head

The key here is not to worry about the overall outcome or end result. Concentrate on getting your swing right, trust it and let good basics take care of business.

To find your local PGA pro visit me at www.jbgolfacademy.co.za and click on the PGA logo

Jacques Beukes is a full member of the PGA South Africa and teaches at his Golf Academy, situated in Ballito, KZN. Jacques has extensive teaching and playing experience, coaching the game professionally in both South Africa and the USA. He was the official coach of the WP under 14 and 18 girls' team, as well as coach of the SAPA Korean Golf School. He has also worked with the golf development board. His passion has always been to teach and grow the game and to help golfers of all levels improve. He also teaches out of his golf schools located in Ballito, Pietermaritzburg and Zimbali.



Jacques Beukes is a mizuno staff player.

Contact Jacques Beukes on 082 779 0513 or pro@ballitorange.co.za. www.jbgolfacademy.co.za

