



# Control

## Source of Control

### Clubhead Awareness

Lose where the clubhead is during the swing and you may look like you have a 'perfect' swing but not be able to Hit That Ball with *any* consistency.

Knowing where the clubhead is in the swing, is an easily acquired ability and one that gives *great* rewards in terms of consistency.

Just as when you eat hot soup with a spoon you know exactly where the ladle end of the spoon is, in golf you must know where the clubhead is at all times. When you play hockey, you work with and know where the blade of the stick is at all times. When you play baseball, you are working with and know where the bat is at all times. *The same is true in golf.*

The above may seem a silly point but many golfers have no awareness of where the clubhead is in their swing. The clubhead is dragged and pushed to the top of their swing and you know right where it is on the way up and while it is at the top. On the way down, when you are hitting that



ball, you are fully aware of where the clubhead is *at all times*. It is this awareness you are working with when pushing (throwing) the clubhead through that ball.

What is happening when you are doing everything 'right' and Natural Golf is not working for you? Start here. Amazingly enough, this most basic of factors often goes neglected with devastating results, remaining totally unsuspected.

The clubhead is not just something stuck on the end of the swing. *It is what you deliberately hit that ball with.* And as mentioned earlier, is what your entire swing is organised around.

**Know exactly where the clubhead is in the entire swing.**



**Play without clubhead awareness and be prepared to have difficulty with your control.**



### **Pushing & Clubhead Awareness**

When you are *pushing against* the handle and down out the clubshaft towards the clubhead, your awareness of where the clubhead is, is heightened. Deliberate pulling lessens clubhead awareness.

## **Pushing - One Hand Exercise**

Pick up a club with one hand only (either hand) and really turn the throttle up on some practice swings. Note how it is the pushing that keeps you in touch with the clubhead, heightening clubhead awareness and thereby giving you more control.

## **Swing with Your Eyes Closed Exercise**

Practice some full swings with your eyes closed. Work on heightening your sense of awareness as to where the clubhead is. This is an excellent exercise that you can do on occasion throughout your golfing career.

## **Clubhead Awareness Exercise**

Just hit balls at a practice range and *know* exactly where the clubhead is at all times. Take half shots and full shots. Use your sand iron, driver, etc. Follow the clubhead in one unbroken attention span from set-up through finish. Note where the clubhead is at finish.

Be sensitive to any movements in your swing that jostle or indiscriminately throw the clubhead around, especially at the top of the backswing. Keep working to increase clubhead awareness and expanding its role in your natural swing.



