

A professional golfer is captured in the middle of a golf swing on a lush green course. He is wearing a dark blue polo shirt, dark trousers, a black cap, and sunglasses. The background shows a blurred crowd of spectators watching from a distance. The overall scene is bright and clear, suggesting a sunny day.

5 Secrets To Maximum Distance

By Nick Bayley

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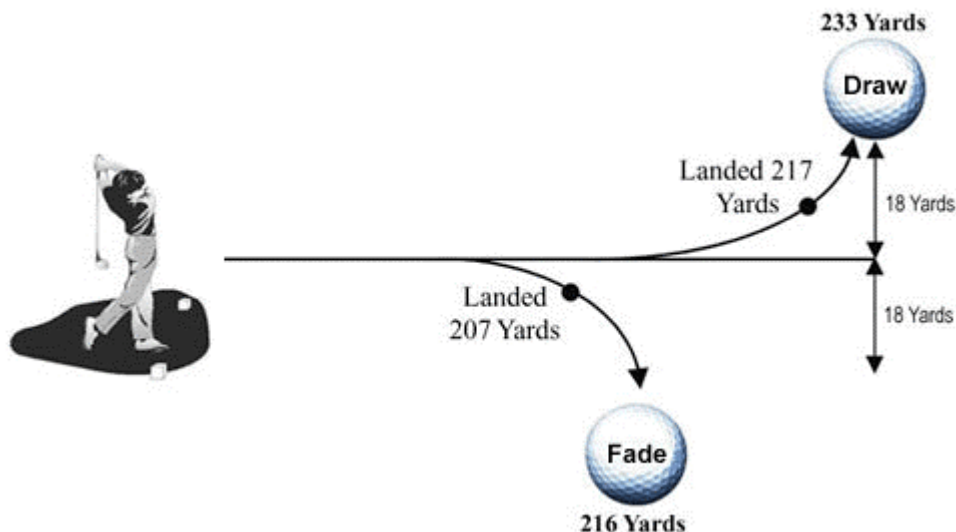
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Introduction

The 5 secrets I share in this eBook will help you to hit your shots their maximum distance, **BUT** only if you use them. Reading these 5 secrets and then doing nothing obviously will have no impact on the length of your shots whatsoever. **You must take some action to get results.**

Now before we get into the 5 secrets I just want to quickly make you aware of something that you can do that is scientifically guaranteed to make you hit the ball further. And what I'm talking about is changing your ball flight.

You see in 1981 'Golf Digest' did a scientific test to see the differences between a fade and a draw ball flight. They found that a draw goes 17 yards further than a fade does!



So every time you hit a fade or slice you're losing at least 17 yards in distance with your driver. Hopefully that has given you some motivation to fix a slice problem if you have one. In this eBook I'm going to give you some things you can do to help fix a slice if you have one. Then, in the future I will send you some further information about how to fix a slice. So look out for that.

But for now I suggest you read through all the secrets in this eBook and then pick the one secret that makes the most sense to you and practice that secret repeatedly. Again, you're not going to hit the ball further just by thinking about it -- you've got to do something. So start by reading the instructions in this eBook and then put them into action.

Secret #1

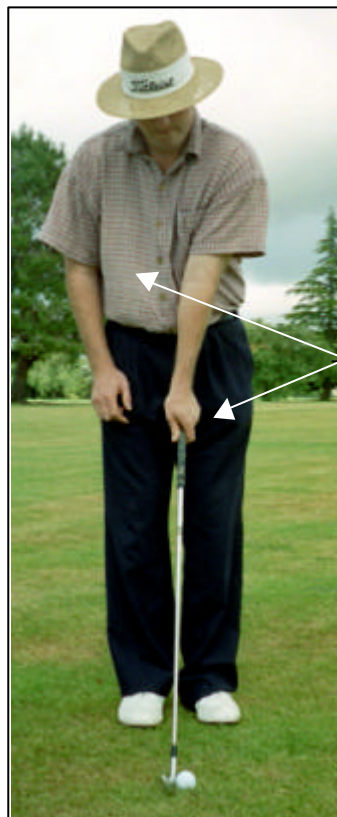
In the introduction I showed and proved to you that a draw shot goes a lot further than a fade. So the first secret is a grip that will help you to hit a draw shape of shot. And even though the grip may seem boring or not that important to you, I've witnessed many times a person changing their grip to the one I suggest here and gaining 17+ yards in distance just by doing this.

A grip change can truly make a huge difference! So don't take it for granted.

Now if the grip change I suggest here feels strange please just persevere as it takes time to form a new habit.

OK, here is what I want you to do. Setup with a 5-iron and have the ball positioned exactly in the middle of your stance. Then take your right hand off the grip and look down on your left hand.

When you do this you should be able to see 3 knuckles on your left hand. If you can't see 3 knuckles then turn your hand until you can. Here is a picture that shows you a 3 knuckle left hand grip...



At this point you should see three knuckles when you look down on your completed left-hand grip.

Once you've done this then simply put your right hand back on the grip so it

compliments (*points in the same direction*) as your left hand.



So if you suffer from a slice you should make this grip adjustment first. When you do you'll notice you hit your shots with much more power. But like I said a minute ago, when making a grip change it does take time to get used to it. So keep that in mind when making a change and keep persevering because the end result will be well worth any short-term uncomfortableness.

Secret #2

To help you hit the ball further you simply need to swing longer, because the longer you swing (***while retaining good fundamentals***) the more time the club has to move faster. And there is one very simple thing you can do to help you swing longer without actually trying to do it.

If you've ever seen Jack Nicklaus setup to the ball you probably would've noticed that he cocks and turns his head to the right. The reason he does this is because it allows him the room to make a big shoulder turn as well as making it much easier to swing on an upright plane.

You can easily and quickly do the same by setting up to a ball as normal and then while keeping your body in exactly the same position simply move your head slightly to the right.

As well as doing this, it will further help your shoulder turn if you cock/turn your head to the right and you can either do this at address or turn your head as you are swinging.

If you can get hold of a picture of Jack Nicklaus at address you'll notice that it appears as though he's looking at the ball with only his left eye because his head is cocked to the right so much. Turning the head to the right is not something new. Many players have done it and where some like to pre-set it at address others like Tom Watson prefer to swivel their head to the right as they are swinging.

Experiment and find what works best for you.

Through my own experimentation I've found that I like my head positioned to the right, with both of my eyes both focusing on the ball and then at the start of the backswing I turn my head to the right, as the pictures below indicate...



Look how both of my eyes are focused on the ball at the setup phase and also note how my head is positioned slightly to the right. Now if you compare these two pictures you can clearly see how my head swivels to the right on the backswing which gives my shoulders extra room to rotate. This is what I've found works best for me, you'll have to experiment to find what works for you.

If you've seen either Jack Nicklaus or Tom Watson swing I don't think you could ever accuse either of them of not making a full shoulder turn or a full swing. And the head positions I've shown and explained to you is one of the major reasons why. It's simple and easy for anyone to do and it really does make it easier to turn the shoulders further which will increase the width of your swing, and consequently help you to hit longer shots. Give it a try, you'll be impressed.

Secret #3

The sequencing of the swing has an awful lot to do with the potential power in which you can hit the golf ball. Unfortunately it's outside the scope of this eBook to cover the sequencing of the entire swing but here's something critical that you need to know and implement to help get maximum distance into your shots.

When you reach the top of your swing the very first part of your body that should start the downswing should be your left knee.



To start the downswing you should focus on moving your left knee towards the target. Then let everything else simply follow this lead.

To start your downswing you want your left knee to start moving towards the target. By doing this you'll automatically start the correct sequencing of the rest of your body during the downswing.

Doing this one little move will have a profound affect on the distance of your shots. Try it, you'll see.

Secret #4

To hit the ball the furthest you can you should approach the ball on an inside path. And here is the best drill I can give you to not only check that you're doing this but to help you do it consistently.

To do this drill place a ball on a tee and then position a cardboard box about an inch away from where the toe of your club will be (*see the picture below*). Then setup to this ball using the grip I suggested in Secret #1. Position the ball in the middle of your stance and make sure all parts of your body are aligned to the right of your final target.

Important Note: When doing this drill use any club less than a 6-iron (*i.e. 5-iron, 4-iron etc.*)

The Box Drill



Tee up a golf ball and then place a box about 1 inch away from the toe of your club and make sure the box is pointing to the right of your final target. Then setup to the ball using the strong 3-knuckle grip I've outlined in Secret #1. Position the ball in the middle of your stance. Flex your right arm and also give yourself enough room between the butt end of your club and your body. Finally make sure all parts of your body and club are aligned to the right of your final target but square to the box.

Once you are setup similar to what I'm demonstrating above then simply swing! And having the box so close to the ball will encourage you to swing down from the inside, which is exactly what you should do.

If you are swinging out-to-in (*i.e. cutting across the ball*) then you'll hit the box and this will give you some great feedback. So simply keep swinging and try to bring the club more from the inside so you miss the box.

When you learn to swing naturally on an inside path you'll be able to swing harder and with more confidence that the ball is not going to do a big banana slice. This of course will give you a lot extra distance than normal.

Secret #5

The final secret I want to share with you to hit the ball further involves no swing technique.

Intrigued?

Well, what I'm talking about is flexibility training.

But **NOT** yoga or any passive flexibility exercises. Because when you're swinging a golf club you're moving. So it doesn't make any sense to do stretches that are stationary or slow.

You need to do stretches that make you move quickly.

And an example of a good active flexibility exercise that you should do is...

The Twister



To do this active flexibility exercise hold a medicine ball or a dumbbell against the chest with the shoulders held back and the spine maintained in a neutral position. Then assume an address position like you would when swinging a golf club except have your feet a little wider than normal.

Once set then rotate the spine from side to side as you weight shift from one foot to the other while keeping your weight on the inside of each foot. Progressively increase the range of motion of your hip and trunk rotation in a controlled manner. As you get comfortable with the motion, you can begin to increase the speed of movement, but be certain to maintain a full range of motion.

So that one exercise is an example of the type of active flexibility exercises you should be doing to help you hit the ball further. There's plenty more you can do. And from personal experience you can gain a heck of a lot of distance by doing active flexibility exercises.

For example, in just 28 days of following an active flexibility program I went from swinging at 103 mph (on average) to swinging 114 mph (on average).

If you would like more information about the program I was following to get those huge gains then [go here](#).

Conclusion

I hope this eBook has given you a few good ideas on how you can gain more distance on your shots. But remember, you'll only reap great benefits if you actually apply what you've learnt here into your golf swing.

So focus on one of the secrets first and put it into practice and watch out. You'll start to hit the ball longer and further with less effort. When you do I'd like to hear about it.

Finally, good luck and I look forward to hearing your distance improvements in the near future.

Kind Regards,



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