

Getting Into The Swing : Which Golf Swing Training Aids Are The Best For You?

Beginning golfers are always surprised at how tough it is to swing that little club just right. The pros make it look so easy! Without some kind of help, you feel like it's just impossible. That's why there are golf swing training aids. These are devices that are designed to help beginners get a feel for the club. One important thing to consider before you buy a golf swing training aid: talk to your trainer or instructor about what you need. Everybody has certain weaknesses, and you should pick the training aids that address that certain weakness. Don't fall for the testimonies of your favorite pro-golfers! Here is a short overview of some of the most popular golf swing training aids out there.

Your Overall Swing

The Medicus Dual Hinge Driver is a driver with a hinge that breaks when you swing incorrectly. It's endorsed by Mark O'Meara, Jack Lumpkin and some other pretty big names in pro golf (but- remember what we said before!). A dual hinge driver can be used as a diagnostic tool. You can tell what you're doing wrong in your swing by the way the hinge breaks. It helps you improve every aspect of your swing and identify your weaknesses. The David Leadbetter Swing Setter is supposed to help golfers practice the four key points of the swing according to Leadbetter: grip, plane, release and tempo. It looks a little like a complicated fishing rod, with three balls that can be slid up and down the shaft. The specially designed grip has alignment guides and other features to help you hold it. The balls on the shaft of the club can be adjusted to help you practice different aspects of the swing. It's complicated, but it comes with an instructional DVD to explain it all. Pick Up Your Speed

Speed Stik Training Club

If your problem is lack of speed, the Speed Stik Training Club can help you swing faster. You swing the club as fast as you can and it tells you how you did. But remember, speed isn't everything. The Speed Stik tends to wear out golfers who use it too much. Another training aid to help your speed is the Swing Fan Club. It has blades like a fan on it, that create resistance in the air when you swing it. It's good for building up strength. The Momentum Power Hitter Swing Speed Trainer is similar, but it focuses on training you to keep the club on an even plane. The club is evenly weighted throughout. When you swing it, the weight of the club naturally swings it along the path of least resistance. This natural swing is ideal in your golf swing, and you can train yourself to get the feel for it with this club. This is just the very tip of the iceberg. Your best bet is to talk with your trainer or a golfing buddy with some experience, and let them help you decide what kind of golf swing training aid would do you the most good. A trip to the sporting goods store might also help. Mess around with the different training aids and ask lots of questions. If you find something you like but don't like the price, go home and order it online.

About the Author

Trainers also lead programs to assist employees with job transitions as a. In order to identify and assess training needs within the firm, trainers.

Source: <http://www.productsherbal.com>