

Eyes on the Prize

The target should be your focus, not the ball. Here are three ways to refocus your energy forward.

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Golf for Women

If we asked you to describe your living room just prior to teeing off, you'd be able to give a detailed picture. Describing your target on the golf course might not come as easily.

Many golfers lose sight of the target because they spend too much time looking at the ball; the ball becomes the objective, and the connection to the real target disappears. As a result, all of the swing's energy winds up being directed down at the ground instead of forward. With many golfers, their swing momentum stops – or slows considerably – at impact, often resulting in a weak slice.

The purpose of every swing is to hit the ball toward the real target. Here are a few ways to reorient your game so you're hitting more fairways and greens.



1. Toss Your Clubs

You heard us correctly: “Let ‘em fly.” Find a large empty field or yard (do not try this on the course), and make sure you're using an old set of clubs. Pick out a target about 10 yards in front of you (here, it's the 150-yard marker), make your normal backswing, and then fire the club in the direction of the target. In order to keep the club on track, you'll have to direct all of your body's energy toward the target, rotating your legs, hips and chest through so they're facing it at the completion of your swing. Hang on

too long and you'll see that the club will fly left. Point to the Target

2. Point to the Target

Make several half swings, trying to get your right index finger to point at the target at the finish. Gradually lengthen your swing, each time pointing the way with your finger as the club comes parallel to the ground in the follow-through.

3. Change Your Perspective

As you prepare to start your swing, look at a spot on the ground a foot or two ahead of the ball. This takes the visual stimulus of the ball out of the equation and encourages you to swing through, not to, the ball.