



How to Play Better Golf this Summer

By Nicolas Moore

Has your golf game been getting you down this year? With summer here, it is a great time to take control of your golf game. Here are some small tips to get you on the right track!

1. Warm up on the putting green first

I know this is an unpopular opinion, but it will help any golfer's game tremendously. It is common for many golfers to show up to the course and spend an hour on the driving range before their round and only take five to ten minutes on the putting green. Many believe that if they are on the green in regulation and hitting the ball well, they will play a good round of golf. The problem with this strategy is that if your putter is cold, bad putting can plague a potentially good round. Spending fifteen to twenty minutes on the putting green as soon as you get to the course will allow you to warm up the putter before you warm up the swing. You can also warm up the putter for another five minutes right before you tee off to help prepare you for your round. This way, you can feel confident in your putter as you head out on the links.

2. Take a few minutes to stretch before you swing

As we all know, being nice and loose is important to making a nice golf swing but doing the bare minimum does not always cut it. Many professional golfers take a long time to stretch and warm up their muscles before they even grab a club, and this is part of the reason why they are so good. They prepare their bodies for what is in store for the day, which helps them swing well and play better day in and day out. Some of the longest hitters on the PGA tour are very flexible because being flexible helps them make a solid turn through the ball, while also building up their power. This will also help your body's longevity through your round, so it will improve more than just your swing!

3. Use a Preliminary Target

You may or may not have heard this tip before, but using a preliminary target is something that has helped many people's golf games. A preliminary target is a target that is three to six inches

in front of your ball that is in line with a larger target you are aiming at in the distance. Rory McIlroy has said that he uses it at times, as well as many other professional golfers. If there is a specific spot in the fairway or on the green you want to aim at, this is very helpful because it simplifies the aiming process. It is very common to try and aim somewhere and end up aiming a few yards left or right of that intended target. By using a preliminary target, it will help you to be more confident in your aim and place your ball in better spots around the course.

4. Make a Consistent Pre-shot Routine

If we take another note from watching professional golfers, we can see that they always have the same routine before they hit each shot. This creates a level of consistency in their game that helps them set up and prepare to hit solid shots. Many professionals have a routine that is quick and efficient so they can prepare for their shot and play quickly.

5. Have Fun

Most of all, go outside and have fun on the golf course! Anytime you tee it up on a beautiful sunny day is going to be a great day, so go out there and just try to have fun. The more you focus on enjoying your day, the better you will play.

I hope these tips help your game this summer and get out there and play some golf!