

Nic's Tips GET A GRIP ON YOUR GRIP!

BY NICOLE WELLER

One of THE MOST IMPORTANT aspects of an effective swing is how one holds the club. The club will move based only on how your hands allow the equipment to be utilized. The word Grip in golf should be more of a noun than a verb for many. The verb grip usually leads to excessive tightness that robs a golfer of the ability to maneuver the club in a successful manner. I always say for right-handed golfers, Tight usually goes Right!

Exploring HOW one places his or hands on a club is a good starting point. Watch golf on television and most of the best players allow the club to slip into an anatomically-hanging hand/arm to the side of the body or they place the lead hand on the club while up in front of them near waist height. You won't see many twist, grip or peel their lead hands and arms into position on the club down in front of them. So test hanging your arm to the side and letting the club settle into the fingers of the lead hand, just as if holding onto a suitcase at your side in the fingers. Then settle the heel pad (not thumb

RIGHT HANDED GOLFER GRIP OBSERVATIONS

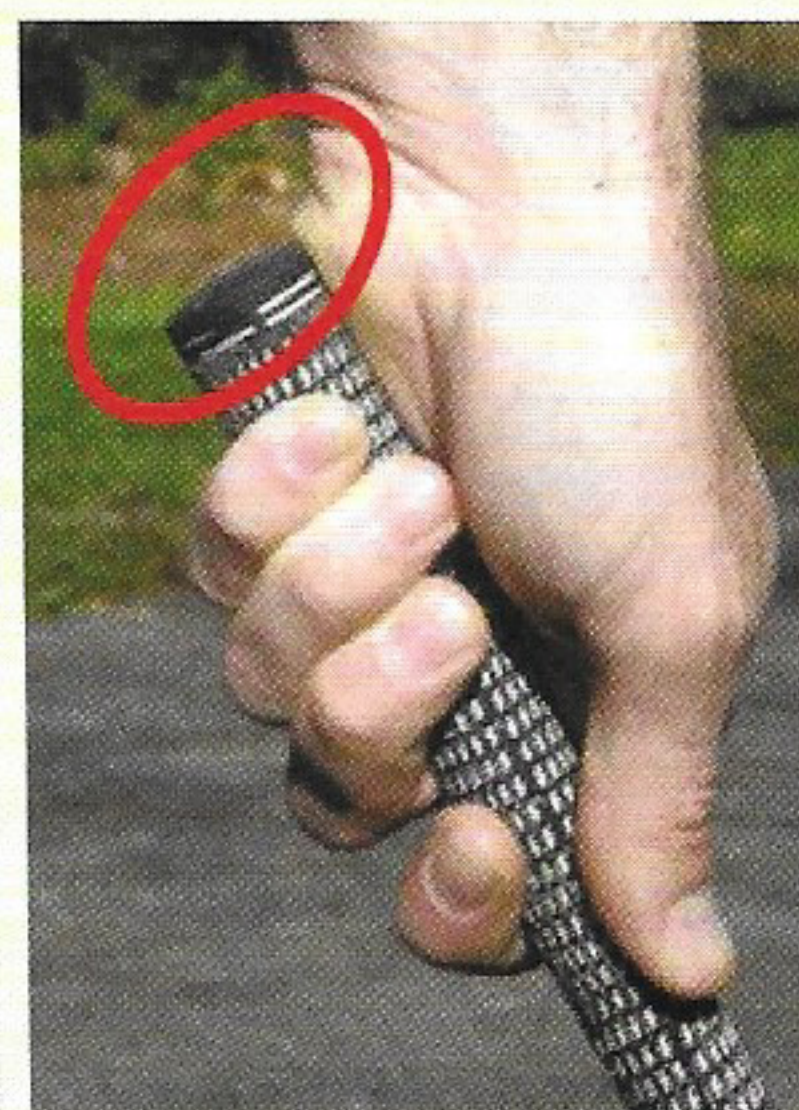


LEFT HAND

"V" to Right Collarbone

Shorter Thumb

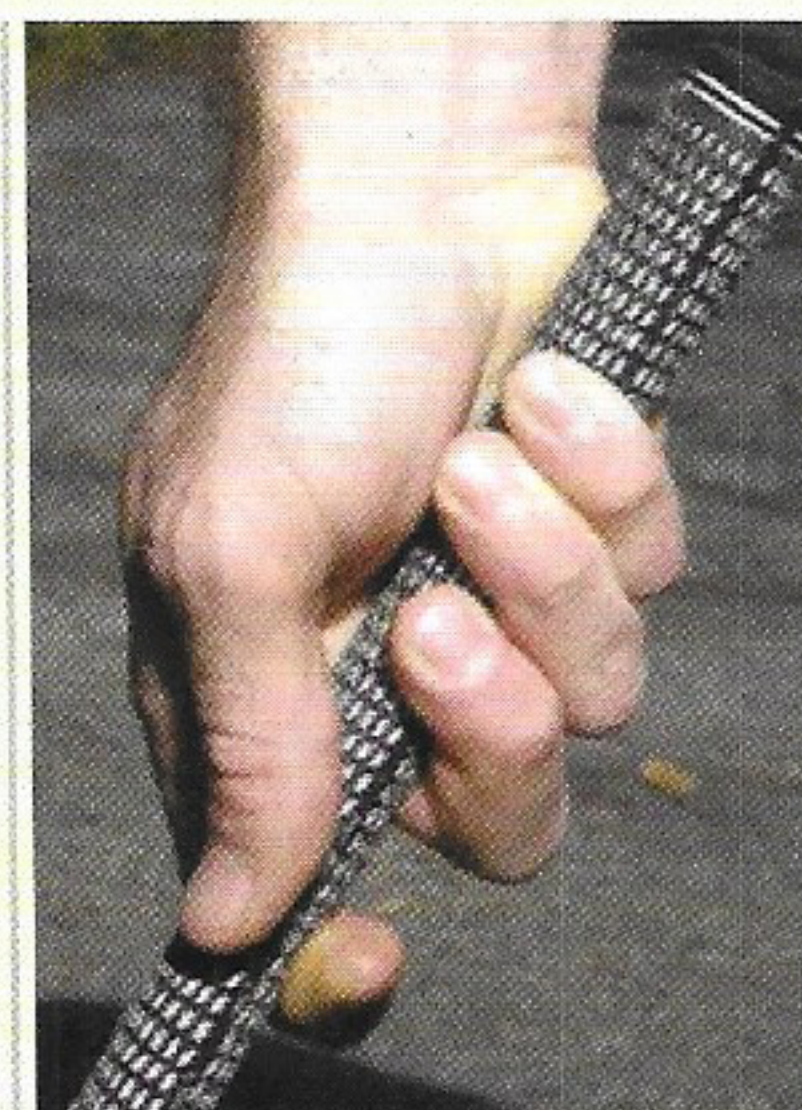
2 - 2.5 Knuckles



LEFT HAND

More fingers than high in palm

Heel Pad securely on handle (not side/under handle)



RIGHT HAND

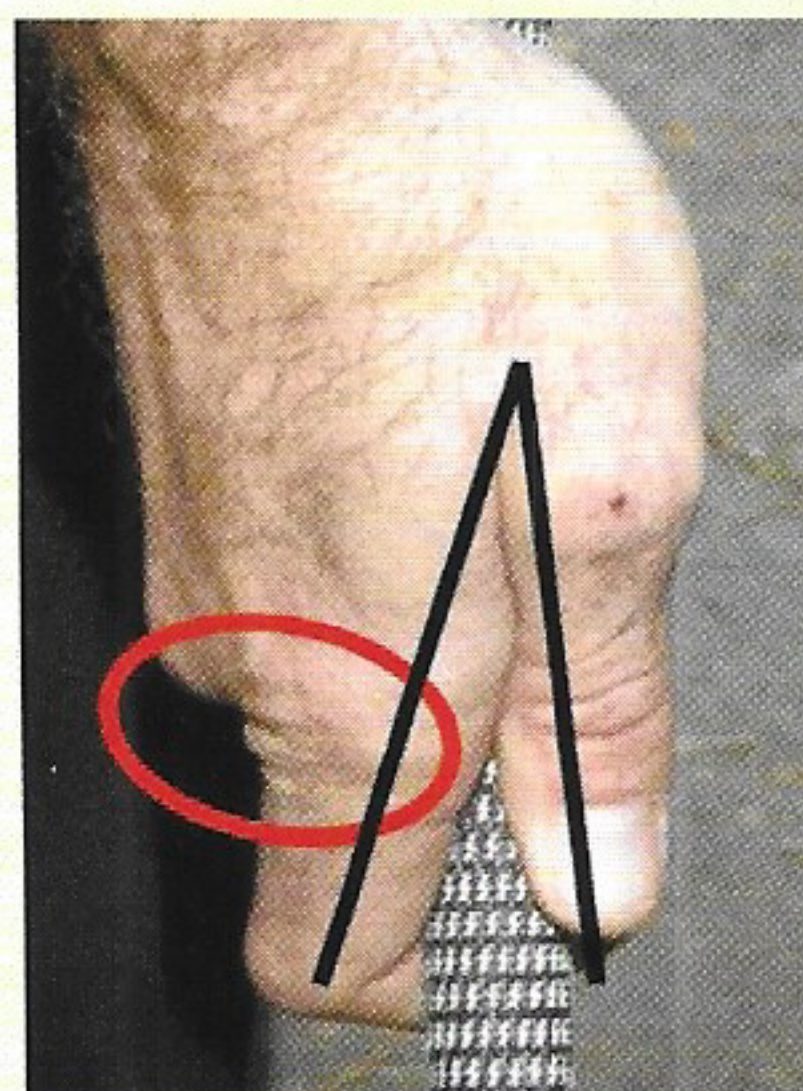
"V" to Right Shoulder

Trigger Finger

More in fingers than palm

Palm towards target

LEFT HANDED GOLFER GRIP OBSERVATIONS

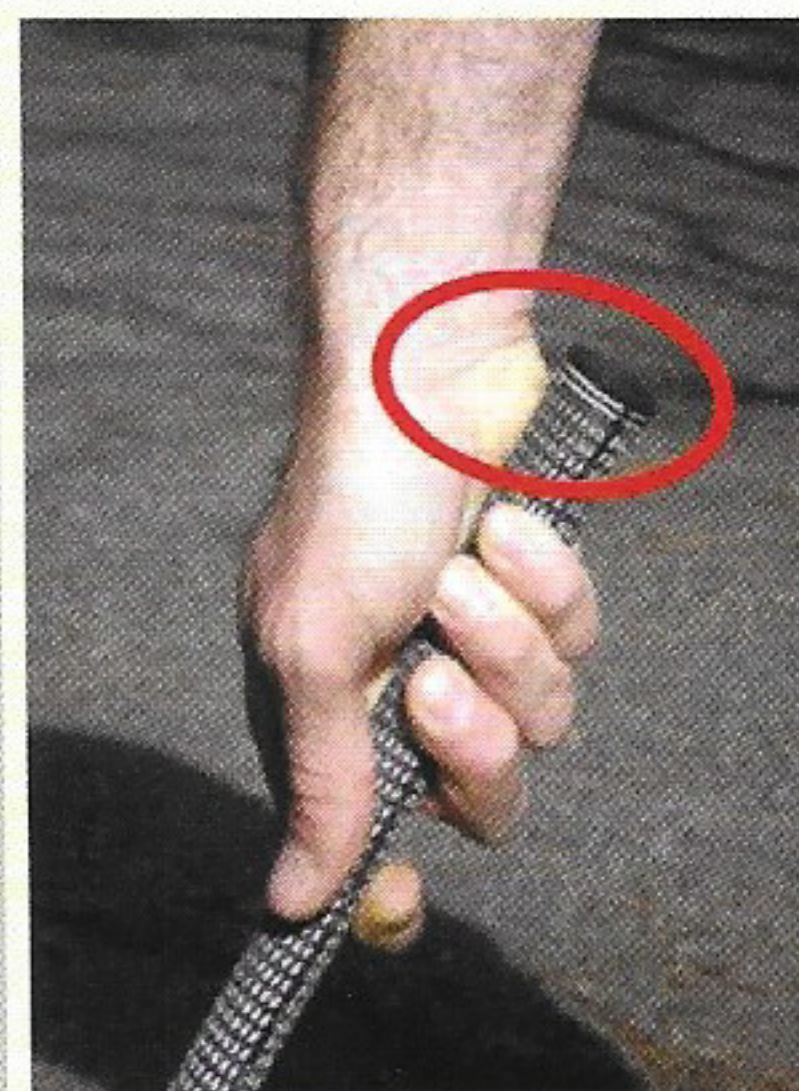


RIGHT HAND

"V" to Left Collarbone

Shorter Thumb

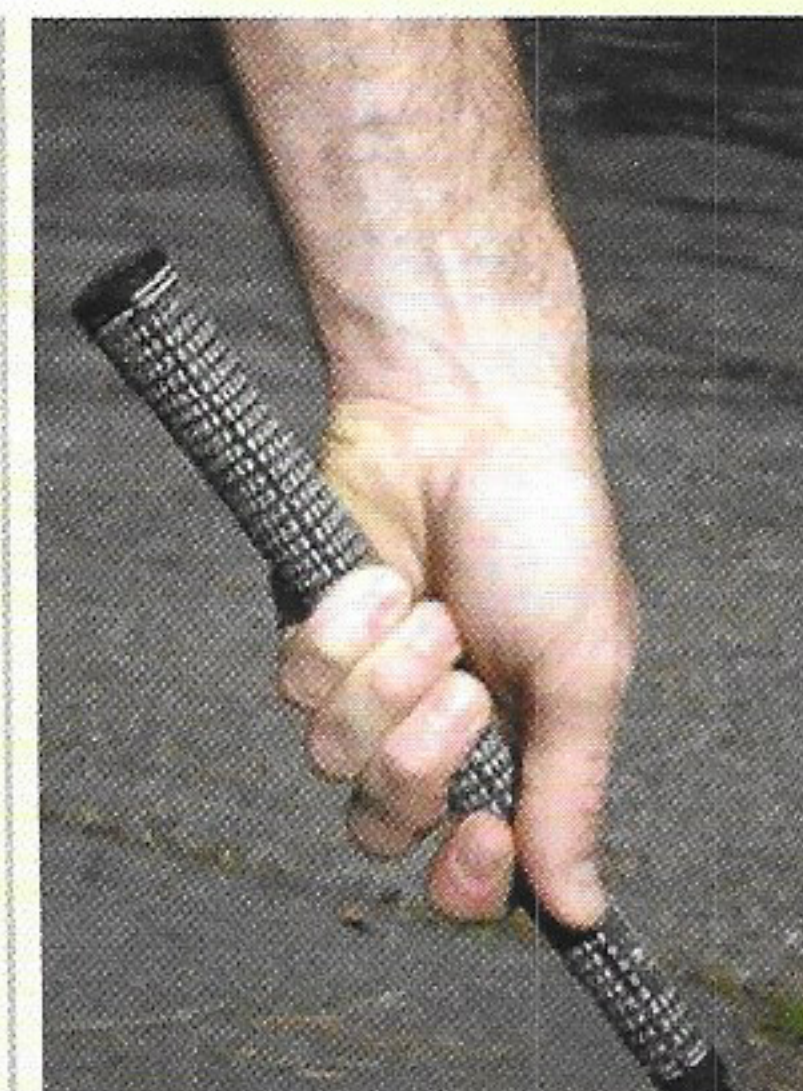
2 - 2.5 Knuckles



RIGHT HAND

More in fingers than high in palm

Heel Pad securely on handle (not side/under handle)



LEFT HAND

"V" to Left Shoulder

Trigger Finger

More in fingers than palm

Palm towards target



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Ben Hogan suggested holding the club like holding a bird.
That worked for him and will work for some but not all.

pad) on top and lastly rest a short thumb near the top of the club, slightly off to the side as a generic starting point. Thumbs are not placed straight down the front of the grip, we'd see that more in putting. Finally, bring the club up in front to check that the leading edge of the club is straight and apply your rear hand onto the club where the hands fit together without any effort.


Remember that the only grip where the club is held more in the palm is putting. Most other swings have the grip holding the club along the base of the fingers to allow the wrists to be able to create more speed. If the club is held too much in the palm, it restricts the wrists' ability to generate any hinging and speed and there might even be a worn-out spot on the heel pad of a glove – a tell-tale sign.

Explore the best tension level for you. No two golfers will be exactly alike, so teaching one exact way to hold the club won't work for all. Ben Hogan suggested holding the club like holding a bird. That worked for him and will work for some but not all. I like suggesting a rating scale of 1 (soft) to 5 (firm). Interestingly enough, I found 2 players who like a 5/5. I've heard of a Major winner who likes to use a 5/5 on putts inside 6 feet so there isn't any room for unnecessary wiggling. But everyone will find what works best for them if they give it some good exploration. It also might change under perceived pressure, so being aware of that in those situations can help manage it. We can never control situations but can help to manage ourselves by knowing

our tendencies... being a Master of Variability, as my mentors and peers Pia Nilsson and Lynn Marriott of Vision54 likes to say! For me, I like a #3 on my hands and a #2 in my arms and wrists. For fades, I like a #4 in the finish.

As a resident of Brunswick Forest, I base my instruction at Compass Pointe Golf Club and am happy to be your duo-LPGA/PGA local Leland resource for anything golf instruction or improvement! For more information and golf tips, please visit www.nicoleweller.com.

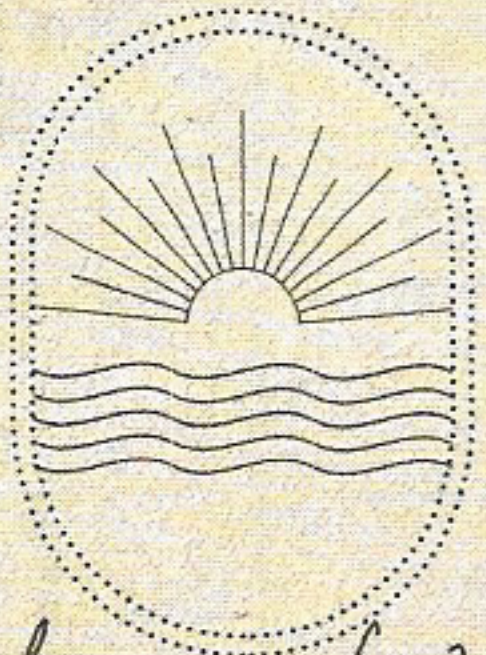
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