

The Role of Grip Pressure and its Affect on Your Swing

How many times have you been under pressure—first tee, big bet on the 18th hole, parents watching you hit golf balls? And the ball always seems to slice (a huge, left to right swing for the right handed golfer). There are many causes for this slice but we are going to focus on grip pressure. We will assume for these purposes that you have the perfect grip.

When we are under the gun—pressure will set in and we will usually grip really, really tight with our left or top hand. Because we have so much pressure in that hand we are unable to let our left or lead arm relax and “FOLD” naturally. It remains stiff and will not let the clubface close or allow the toe of the club to go past the heel. The clubface remains “OPEN or pointed to the right” and the resulting slice occurs.

Our bodies are symmetrical, as many parts on the left as there are on the right. So take a club and swing back (don't hit the lamp), you will notice that your left arm is fairly straight and your right arm is beginning to fold. Now swing back through (don't hit the TV) and notice that the right arm is fairly straight and the left arm SHOULD BE FOLDING just like the right arm did on the backswing. If it is not check your grip pressure, my guess is that the left hand is gripping way tighter than your right hand.

How do we correct this? Take your grip, CLOSE YOUR EYES and tell me what you feel in your grip pressure. Do you have 80% left and 20% right? Do you have 70% right and 30% right? Ideally we want you to have 50% in each hand that way each hand works equally.

For instance, if I wish to fade or slice the ball I will grip tighter (70%) in my left hand. If I wish to draw or hook the ball I will grip tighter (70%) in my right hand.

Try this on the driving range sometime and you will see some drastic curvature of the golf ball. This will also allow you to begin feeling the face of the club.

Good luck and watch for the next Golf Tip.