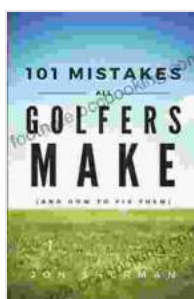


101 Mistakes All Golfers Make (and How to Fix Them!)

If you're like most golfers, you're probably making at least a few mistakes that are costing you strokes. But don't worry, you're not alone! In fact, there are 101 common mistakes that golfers of all levels make. And the good news is, they're all easy to fix.



101 Mistakes All Golfers Make (and how to fix them)

by Jon Sherman

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In this article, we'll take a look at some of the most common mistakes that golfers make, and we'll provide you with simple tips on how to fix them. So whether you're a beginner or a seasoned pro, you're sure to find something in this article that can help you improve your game.

1. Not warming up properly

One of the most common mistakes that golfers make is not warming up properly before they start playing. Warming up helps to prepare your body

for the rigors of the game, and it can help to prevent injuries. A good warm-up routine should include some light cardio, such as walking or jogging, as well as some dynamic stretching. Dynamic stretching involves moving your body through a range of motion, and it's a great way to get your muscles ready for the game.

2. Gripping the club too tightly

Another common mistake is gripping the club too tightly. Gripping the club too tightly can restrict your swing and make it difficult to hit the ball solidly. A good grip should be firm but not too tight. You should be able to feel the club in your hands, but you shouldn't feel like you're squeezing it too hard.

3. Standing too close to the ball

Standing too close to the ball is another common mistake that can lead to a number of problems, including hitting the ball fat or thin. When you stand too close to the ball, you're more likely to hit the ground before you hit the ball. This can result in a fat shot, which is a shot that hits the ground and then bounces up into the air. Standing too close to the ball can also make it difficult to hit the ball solidly, which can lead to a thin shot, which is a shot that hits the ball high on the face of the club and flies low and straight.

4. Swinging too fast

Swinging too fast is another common mistake that can lead to a number of problems, including hitting the ball off-center or slicing or hooking the ball. When you swing too fast, you're more likely to lose control of the club and hit the ball poorly. A good swing speed is one that is smooth and controlled. You should be able to feel the clubhead moving through the ball, and you shouldn't feel like you're trying to hit the ball as hard as possible.

5. Not following through

Not following through is another common mistake that can lead to a number of problems, including hitting the ball short or topping the ball. When you don't follow through, you're not swinging the club all the way to the finish. This can result in a short shot, which is a shot that doesn't travel as far as it should. Not following through can also lead to a topped shot, which is a shot that hits the top of the ball and flies low and short.

6. Not keeping your head down

Not keeping your head down is another common mistake that can lead to a number of problems, including hitting the ball high or low. When you don't keep your head down, you're more likely to lose sight of the ball and hit it poorly. A good way to keep your head down is to focus on a spot on the ground about a foot in front of the ball. Keep your eyes on that spot throughout your swing, and you'll be less likely to lift your head too early.

7. Not using the right clubs

Not using the right clubs is another common mistake that can lead to a number of problems, including hitting the ball too short or too long. When you use the wrong clubs, you're not giving yourself the best chance to hit the ball well. A good way to choose the right clubs is to get fitted by a professional. A professional can help you determine which clubs are the right length and flex for your swing.

8. Not playing the course

Not playing the course is another common mistake that can lead to a number of problems, including getting lost or hitting the wrong shots. When you don't play the course, you're not familiar with the layout of the holes.

This can lead to you getting lost or hitting the wrong shots. A good way to learn a course is to play it several times. You can also take a lesson from a pro who can help you learn the best way to play the course.

9. Not practicing enough

Not practicing enough is another common mistake that can lead to a number of problems, including not improving your game. If you don't practice, you're not going to improve your game. A good way to practice is to set aside some time each week to work on your swing. You can also take lessons from a pro who can help you improve your game.

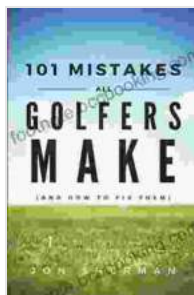
10. Getting discouraged

Getting discouraged is another common mistake that can lead to a number of problems, including giving up on the game. If you get discouraged, you're more likely to give up on the game. A good way to stay motivated is to set small goals for yourself. Focus on improving one aspect of your game at a time. And don't be afraid to ask for help from a pro or a friend who knows the game.

These are just a few of the most common mistakes that golfers make. If you're making any of these mistakes, don't worry, you're not alone! Just follow the tips in this article and you'll be on your way to improving your game.

And if you're looking for a more in-depth look at these mistakes and how to fix them, be sure to check out the book *101 Mistakes All Golfers Make (and How to Fix Them!)*. This book is packed with tips and advice from some of the world's top golf instructors. With the help of this book, you'll be able to

identify and fix the mistakes that are holding you back from playing your best golf.

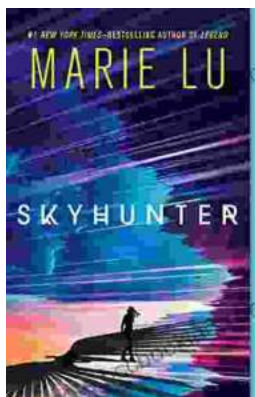


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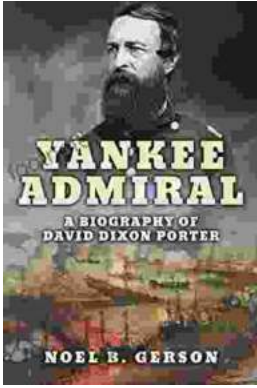
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