

# How To Crush The Ball 20 Yards Further: The Ultimate Guide

Are you tired of hitting weak drives that barely make it past the ladies' tees? Do you dream of bombing your drives down the fairway like the pros? If so, then you need to read this guide.



## How to Crush The Ball 20 Yards Further by John Dunn

★★★★★ 5 out of 5

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In this article, we will teach you everything you need to know about how to crush the ball 20 yards further. We will cover everything from swing mechanics to club selection to fitness tips. By the end of this guide, you will have all the knowledge and tools you need to start hitting the ball further than ever before.

## Swing Mechanics

The first step to hitting the ball further is to have a good swing. If your swing is flawed, then you will never be able to generate the power you need to hit the ball a long way.

There are many different aspects of the golf swing, but the most important ones for distance are:

- **Grip:** Your grip is how you hold the club. A good grip will help you to control the club and generate power.
- **Stance:** Your stance is how you stand when you hit the ball. A good stance will help you to balance your body and generate power.
- **Backswing:** The backswing is the first part of the golf swing. A good backswing will help you to generate power and control.
- **Downswing:** The downswing is the second part of the golf swing. A good downswing will help you to generate power and hit the ball solidly.
- **Follow-through:** The follow-through is the last part of the golf swing. A good follow-through will help you to generate power and hit the ball a long way.

If you want to improve your swing, then you need to practice regularly. You can practice at a driving range or on a golf course. It is also helpful to take lessons from a qualified golf instructor.

## **Club Selection**

The next step to hitting the ball further is to choose the right clubs. Not all clubs are created equal. Some clubs are designed to hit the ball further than others.

The most important factor to consider when choosing a club is the loft. Loft is the angle of the clubface. The higher the loft, the shorter the ball will fly.

The lower the loft, the longer the ball will fly.

For most golfers, a driver with a loft of 10-12 degrees is a good choice for hitting the ball long distances. If you have a slower swing speed, you may want to choose a driver with a higher loft. If you have a faster swing speed, you may want to choose a driver with a lower loft.

In addition to the driver, you will also need to choose a set of irons. Irons are used for hitting the ball shorter distances than the driver. The loft of irons varies from club to club. The shorter the iron, the higher the loft. The longer the iron, the lower the loft.

When choosing irons, it is important to consider your swing speed and the distance you want to hit the ball. If you have a slower swing speed, you may want to choose irons with a higher loft. If you have a faster swing speed, you may want to choose irons with a lower loft.

## **Fitness Tips**

In addition to swing mechanics and club selection, fitness can also play a role in how far you hit the ball. If you are stronger and more flexible, you will be able to generate more power and hit the ball further.

There are many different exercises that you can do to improve your golf fitness. Some of the most effective exercises include:

- **Squats:** Squats are a great way to build strength in your legs and core.
- **Deadlifts:** Deadlifts are a great way to build strength in your back and legs.

- **Lunges:** Lunges are a great way to build strength in your legs and glutes.
- **Push-ups:** Push-ups are a great way to build strength in your chest, shoulders, and triceps.
- **Pull-ups:** Pull-ups are a great way to build strength in your back and biceps.

If you are new to strength training, it is important to start slowly. Start with a light weight and gradually increase the weight as you get stronger.

### **Putting It All Together**

Now that you know the basics of how to hit the ball further, it is time to put it all together. The next time you go to the driving range, focus on the following:

- **Grip:** Make sure you have a good grip on the club.
- **Stance:** Make sure you have a good stance.
- **Backswing:** Make sure you have a good backswing.
- **Downswing:** Make sure you have a good downswing.
- **Follow-through:** Make sure you have a good follow-through.

If you focus on these things, you will start to see your drives getting longer and longer. With practice, you will be able to crush the ball 20 yards further than you ever have before.

Hitting the ball further is a great way to improve your golf game. If you can add 20 yards to your drives, you will be able to reach more par 5s in two

and have shorter irons into the green on par 4s.

By following the tips in this guide, you can start hitting the ball further than ever before. With practice, you will be able to crush the ball 20 yards further and take your golf game to the next level.



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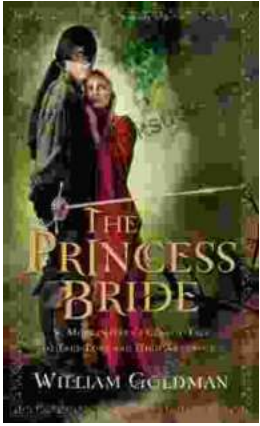
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