

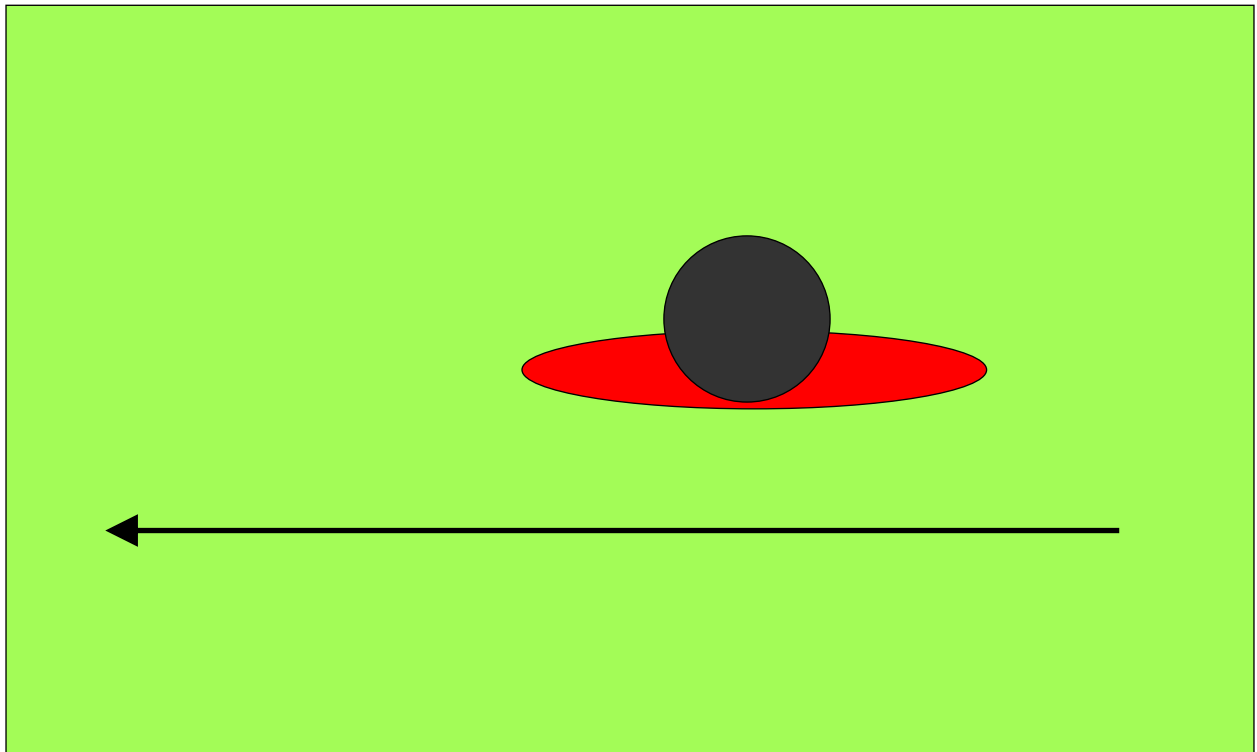
*As with all things golf this is not an iron clad rule but is a tendency that we need to be aware of when fitting.*

Most golfers I've worked with have a tendency to swing the golf club with their hands if the club is too light, rather than swing the club with their upper body in one piece.

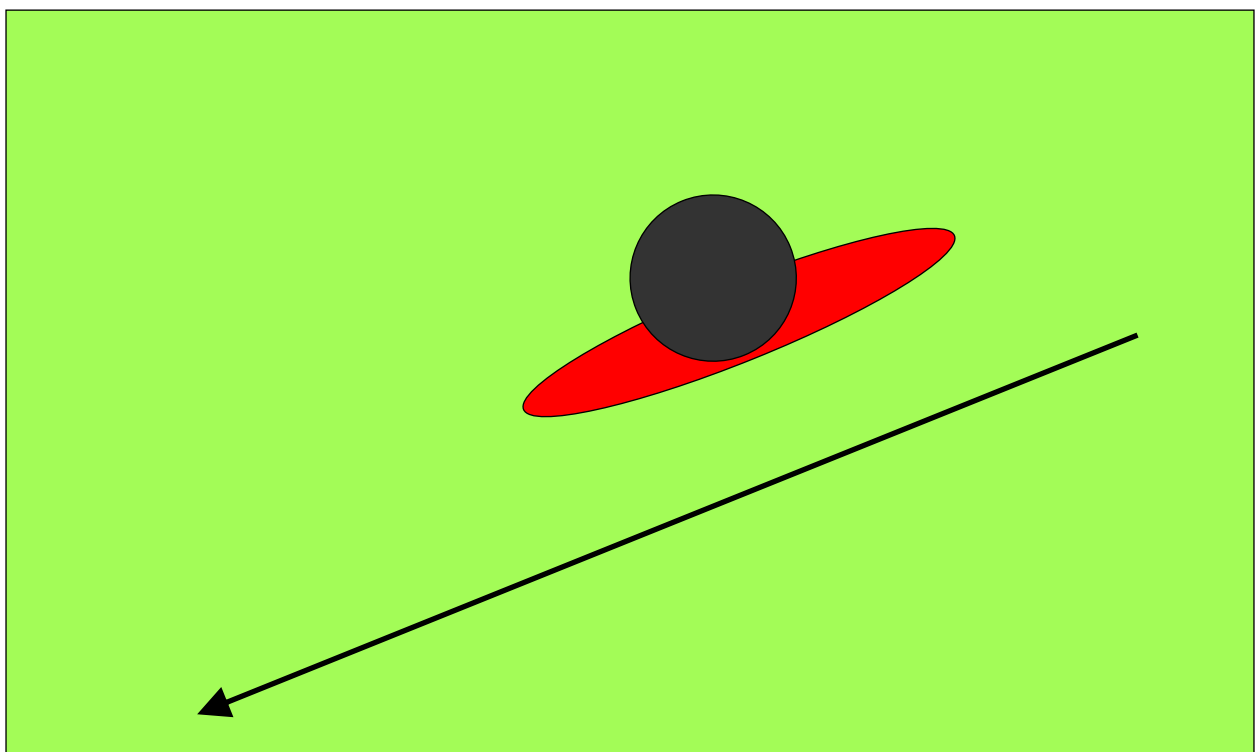
The take away is with the hands and the club is picked up outside the intended swing path thus producing a swing path that is outside to inside and what we refer to as Over the Top, Casting, etc. This is exaggerated when the club is also too long.

No matter how good the golfer and how much they practice this will creep in at the worst of times. Ball flight tends to follow swing path so pulls and pull hooks are the result of a club that is too light.

Increasing the total weight of the club will often correct this situation without any loss of swing speed or ball speed.



Desired Position of golf club at top of Back swing is pointed at the target.



Common position of golf club at top of Back swing with too light club