

**TOP TUITION**

# SENIOR SAVIOURS

Lower your scores as the years roll by with these tips...

Golf is one of the few sports that can be enjoyed by people of all ages.

Where old age fails to allow our bodies to move freely for most sports, playing golf for fun while

still being able to compete has unparalleled appeal for the older generation.

But sometimes, as the years go by, senior players will practise and enforce bad habits without

knowing it, which can cause shots to slip away needlessly on every round. We've uncovered the top two faults that senior golfers make and show you how to fix them with ease...

**CREATE A DRAW SHAPE**



**RELEASE THE CLUB**

Practising with a split grip will naturally encourage the clubface to rotate, enabling you to release the club properly for a straight shot. Try this if you tend to hit blocked shots.

**WEAK FAULT**

A lot of older players have a weak, left-to-right ball flight with an open clubface. This results in a loss of distance because loft is added to the golf club. This two-cane drill will add distance to your game!

**FAULT #1  
WEAK BALL  
FLIGHT**

**POWER TURN**

Many older players have sat at a desk or a car, hunched over for long periods of time and a weak posture engrains itself. Having a straight back at address will promote a good turn from the upper body and hips.

**PLAY A DRAW**

Pulling the right foot back gets the hips turning more freely. Having two canes out in front gives the golfer a visual aid, which exaggerates the feeling of starting the ball right of target and working it back for a stronger flight.

**CHIPPING DRILL**



**FAULT #2  
INCONSISTENT  
CHIPPING**

**CHIP LIKE THE TOUR PROS**

One of the most common faults among senior golfers is that they try to add loft to the club around the green by overworking the right hand underneath the club, especially when they need to get the ball up quickly to get over an obstacle.

The best way to prevent this from happening is to keep the wrists firm through impact, maintaining the loft on the club with the weight staying on the left side throughout the motion. A great drill to enhance all these feelings is to position a cane in the butt end of the club. The goal is to get the cane underneath the left arm and keep it away from the body through impact, maintaining the shaft angle. This drill provides instant feedback which is vital when practising your short game.