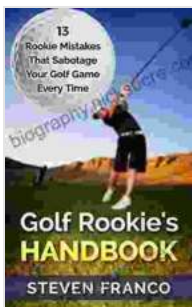


Rookie Handbook: 13 Rookie Mistakes That Sabotage Your Golf Game Every Time

Golf is a challenging game, and it can be especially frustrating for rookies. If you're new to the game, you're probably making some mistakes that are sabotaging your game. In this article, we'll discuss 13 of the most common rookie mistakes and how to avoid them.



Golf: Rookie's Handbook - 13 Rookie Mistakes that Sabotage Your Golf Game Every Time (golf swing, chip shots, golf putt, lifetime sports, pitch shots, golf basics) by Scott Westerfeld

★★★★☆ 4.6 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
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1. Gripping the club too tightly

One of the most common mistakes rookie golfers make is gripping the club too tightly. This can lead to a number of problems, including:

- Loss of control over the club
- Reduced swing speed

- Increased tension in the hands and arms

To avoid gripping the club too tightly, make sure to keep your hands relaxed and your grip light. You should only grip the club firmly enough to keep it from slipping out of your hands.

2. Standing too close to the ball

Another common mistake rookie golfers make is standing too close to the ball. This can lead to a number of problems, including:

- Difficulty making a solid contact with the ball
- Increased risk of hitting the ground before the ball
- Reduced swing speed

To avoid standing too close to the ball, make sure to stand far enough away so that you can make a full swing without hitting the ground. You should also make sure that your feet are shoulder-width apart and that your knees are slightly bent.

3. Taking the club back too fast

Rookie golfers often take the club back too fast. This can lead to a number of problems, including:

- Loss of control over the club
- Reduced swing speed
- Increased risk of hitting the ground before the ball

To avoid taking the club back too fast, make sure to take your time and focus on making a smooth, controlled swing. You should also make sure that you keep your head down and your eyes on the ball.

4. Swinging too hard

Another common mistake rookie golfers make is swinging too hard. This can lead to a number of problems, including:

- Loss of control over the club
- Reduced swing speed
- Increased risk of hitting the ground before the ball

To avoid swinging too hard, make sure to focus on making a smooth, controlled swing. You should also make sure that you keep your head down and your eyes on the ball.

5. Not following through with your swing

Rookie golfers often don't follow through with their swing. This can lead to a number of problems, including:

- Loss of power
- Reduced accuracy
- Increased risk of hitting the ground before the ball

To avoid not following through with your swing, make sure to focus on swinging all the way through the ball. You should also make sure that you keep your head down and your eyes on the ball.

6. Not keeping your head down

Rookie golfers often don't keep their head down. This can lead to a number of problems, including:

- Loss of control over the club
- Reduced swing speed
- Increased risk of hitting the ground before the ball

To avoid not keeping your head down, make sure to focus on keeping your head down and your eyes on the ball throughout your swing.

7. Not keeping your eyes on the ball

Rookie golfers often don't keep their eyes on the ball. This can lead to a number of problems, including:

- Loss of control over the club
- Reduced swing speed
- Increased risk of hitting the ground before the ball

To avoid not keeping your eyes on the ball, make sure to focus on keeping your eyes on the ball throughout your swing.

8. Not practicing enough

One of the biggest mistakes rookie golfers make is not practicing enough. If you're serious about improving your game, you need to practice regularly. This means hitting the driving range, putting greens, and playing on the course. The more you practice, the better you'll become.

9. Not taking lessons

Another mistake rookie golfers make is not taking lessons. If you're struggling with your game, taking lessons from a qualified golf instructor can help you improve your technique. A good instructor can help you identify your mistakes and give you the tools you need to fix them.

10. Not playing with better players

Another great way to improve your golf game is to play with better players. Playing with better players can help you learn new techniques, improve your course management, and get a better understanding of the game.

11. Not reading the greens

Rookie golfers often don't read the greens. This can lead to a number of problems, including:

- Poor putting
- Increased number of strokes
- Frustration

To avoid not reading the greens, make sure to take the time to read the greens before you putt. Pay attention to the slope of the greens, the grain of the grass, and the location of the pin. This information will help you make better putts.

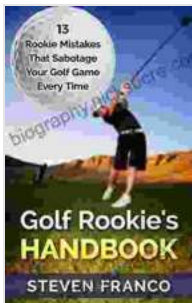
12. Not using the right clubs

Rookie golfers often don't use the right clubs. This can lead to a number of problems, including:

- Poor shots
- Increased number of strokes
- Frustration

To avoid not using the right clubs, make sure to choose the right clubs for the shot you're trying to hit. Consider the distance to the hole, the lie of the ball, and the wind conditions. This information will help you choose the right clubs to help you hit the best possible shot.

13. Not

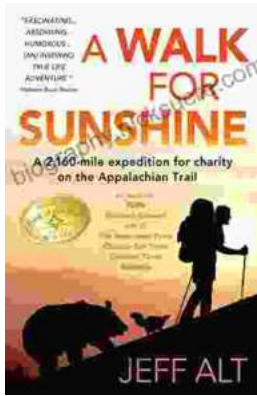


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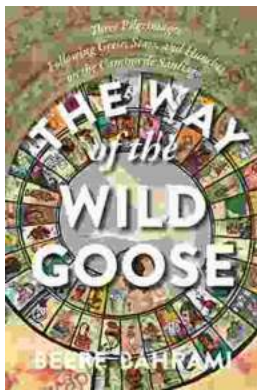
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