Grip Strength and Pressure: Control Starts in Your Hands

Key Concepts Covered

- Grip strength refers to hand positioning, not squeezing force.
- A weak grip (hands turned left for right-handed golfers) promotes a fade but may cause slices or pushes if overdone.
- A strong grip (hands turned right for right-handed golfers) can add power and promote a draw or slight hook.
- Experiment with both grips to see how they affect your shots.
- Seek advice from experienced players or a teaching pro if unsure.
- Grip pressure is how tightly you hold the club-too tight causes tension, too loose reduces control.

Pro Tips

- Aim for a relaxed but secure grip-think of holding a tube of toothpaste without squeezing anything out.
- Let the club feel like an extension of your arms, not something you're fighting with.
- Understanding grip strength and pressure will unlock better ball flight and more consistency.

Next Step: Watch the 'Grip Strength and Pressure' video in your Golf4Biz Learning Center