



The Grip Pressure Secret That's Costing You Distance

Kevin Walton

Most golfers squeeze their clubs like they're holding onto a cliff. I discovered this watching my student Mark during a lesson last month. His knuckles were white, his forearms tense, and his drives barely cleared 200 yards despite a powerful swing.

"Imagine you're holding a small bird," I told him. "Firm enough it won't fly away, but gentle enough you won't hurt it." The transformation was immediate. His next drive sailed 240 yards down the middle.



Different shots require different pressures. Putting calls for feather-light touch (2-3 pressure), while bunker shots need a slightly firmer grip (6-7) for control through impact.

Try this drill: Start your swing with normal pressure, then consciously relax your grip at the top of your backswing. Let your hands work naturally through impact. You'll be amazed how much easier the club releases and how much further the ball travels.



Here's what happens with a death grip: tension travels up your arms, restricting your swing speed and clubhead release. PGA Tour pros average 4-6 on a pressure scale of 1-10. Most amateurs? They're squeezing at 8-9.

The test is simple: Hold your club normally, then have someone try to pull it from your hands. If they can't budge it, you're gripping too tightly. You should maintain control while allowing slight movement.



Extreme Indoor Golf



Why Your Pre-Shot Routine Is Sabotaging Your Score

Gordon L. Kier

I timed 30 different players last weekend. The scratch golfers averaged 12 seconds over the ball. The high handicappers? Nearly 45 seconds of fidgeting, adjusting, and second-guessing.

Analysis paralysis is real on the golf course. The longer you stand over a shot, the more doubt creeps in. Your muscles tense, your breathing becomes shallow, and that smooth swing you had on the range disappears.

Professional golfers have mastered the art of commitment. They see the shot, pick their target, and execute. No hemming and hawing over club selection or wondering about the wind that changed two minutes ago.



Here's your new routine: Stand behind the ball, visualize the shot for 3 seconds, walk up confidently, take one practice swing, align, and go. Total time: 15 seconds maximum.

The key is making decisions away from the ball, not over it. Check yardages, assess conditions, and choose your club while walking to your ball. Once you're in your stance, trust your instincts.

Mental rehearsal works better than physical adjustments. See the ball's flight path, imagine the perfect impact, then recreate that feeling. Doubt kills more good shots than poor technique ever will.



Seas the Day and Book
Your Dream Getaway!
Reserve Today

info@ErieauBeachHouse.com

Beat the Summer Heat, Dominate the Winter League

Don't let sweltering summer temperatures derail your golf game. While others are melting on outdoor courses, smart golfers are perfecting their swings in our climate-controlled facility at Extreme Indoor Golf.

Our winter indoor league is the most competitive event of the year - and spots fill up fast. Last year's league sold out in just three weeks, leaving dozens of disappointed golfers on the waiting list.

This summer is your chance to get ready. Every air-conditioned practice session builds consistency and confidence you'll need when league play begins. Our simulators provide instant feedback that outdoor ranges simply can't match.

The players who dominated last winter weren't just lucky - they were prepared. They spent summers grinding on our simulators, perfecting fundamentals while others took the season off.

Summer practice + winter league = lower scores and serious bragging rights.

Reserve your winter league spot today before they're gone. You don't want to be on the outside looking in.

Sign up now at extremeindoorgolf.com

Extreme Indoor Golf



The Tee Height Mistake Everyone Makes on Par 3s

Rob Gibbons

Watch any amateur on a par 3 tee and you'll see the same mistake: they tee the ball at driver height for every iron shot. This single error costs strokes on every short hole.

Your 7-iron isn't your driver. It doesn't need the ball teed high to achieve optimal launch conditions. In fact, teeing too high with mid-irons promotes thin, inconsistent contact.

Here's the rule: For irons, tee the ball so half of it sits above ground level. For hybrids, slightly higher – about 60% above ground. This promotes clean, crisp contact and proper ball-first impact.



I proved this to my Thursday group last month. We played the same 150-yard par 3 with three different tee heights. Low tees produced tight dispersion patterns. High tees? Shots scattered everywhere.

The psychology matters too. A properly teed iron shot feels solid at impact, building confidence for the next shot. Those thin, clicking sounds from over-teed balls? They destroy rhythm and trust.

Wind changes everything. In headwinds, tee slightly lower to reduce spin. With tailwinds, normal height works fine. Crosswinds require the same considerations as still air – proper tee height trumps trying to "help" the ball into the wind.



Why Indoor Golf Venues Are Perfect for Summer

Tim Brent

Beat the heat without losing your game. Indoor golf venues offer the perfect escape when temperatures soar above 90 degrees.

My student Sarah discovered this last July. Instead of suffering through scorching afternoon rounds, she started indoor sessions during peak heat. Her consistency improved dramatically.

Controlled environments eliminate weather variables plaguing summer golf. No swirling winds, sun glare, or dehydration affecting your swing. Just focused practice time in air conditioning.

Modern simulators let you play Pebble Beach while staying cool. The data feedback beats any outdoor range session.

Smart scheduling works: indoor venues during brutal midday heat, real rounds during cooler mornings. Your game stays sharp year-round.

Indoor golf isn't hiding from summer—it's maximizing it.

Extreme Indoor Golf



The Course Management Trap That Adds 5 Strokes Per Round

Gordon L. Kier

"I can reach that green in two," Tom insisted, staring at the 240-yard carry over water to a tucked pin. His 6-iron found the hazard. Again.

This is hero syndrome – the plague of amateur golf. Every shot becomes a highlight reel attempt instead of strategic positioning. The result? Penalty strokes, impossible recovery shots, and frustration. Smart course management isn't boring; it's scoring. Playing to the fat part of greens, aiming for center fairway positions, and accepting bogey-saving shots transforms your game.



The 150-yard rule revolutionized my students' scoring: Always leave yourself a full wedge shot rather than an awkward 80-yard half-swing. This means hitting 6-iron instead of driver on certain holes, but the approach shots become more predictable.

Pin hunting only makes sense when you're hitting the green 8 out of 10 times from that distance. If you're a 15-handicapper struggling with 100-yard shots, aiming at middle pins is lunacy. Aim for the center and let good putts happen naturally.



Track this for one round: Note every shot where you chose the aggressive line versus the conservative play. I guarantee the conservative choices led to better scores, even when they felt less exciting in the moment.

The mental shift takes time but pays dividends. I've watched countless players drop their handicaps simply by asking one question before every shot: "What's the worst that can happen?" If the answer involves water, sand, or out-of-bounds, reconsider your target.

Weather amplifies poor decision-making. That risky shot over trees becomes nearly impossible with a 15-mph headwind. Wet conditions turn firm fairways into soft landing areas, changing club selection completely. Adjust your strategy with conditions, not just your swing.

Experience teaches patience. Tour pros routinely aim 20 feet from pins, knowing center-green leaves makeable putts. They understand that aggressive shots require perfect execution – something even they can't guarantee every time.