

Articles and Tips - Head Down?



One of the time-honored expressions is to keep your head down. To play golf well it is helpful if the head does not move vertically or laterally to any great degree until the ball has been struck.

But it does not mean that the head must be held in a fixed rigid position. The head should release through the shot with the release of the arms and body.

Players that think they looked up or lifted their heads, usually have a swing error and the spine straightens, thus the head comes up. If the club is swinging on the correct plane, the spine should stay constant during the swing. I believe that, apart from short shots, golfers rarely lift their heads involuntarily and certainly never consciously. When I hear from a student that they looked up when they miss a shot, I just chuckle inside. In fact in full shots it is next to impossible to see the club-face contact the ball. By the time you feel the shot come off, the ball is long gone.



Many years ago, a famous local golf professional shared his views with me about keeping your head down. He told me that things with their heads down get eaten, chickens, cows, etc. He said you have to play golf like a lion with your head up.

So my advise this month is to play golf more with the eyes. Use the eyes in the pre-shot routine to define the target, use the eyes more over the ball looking at the target, and let the eyes follow the ball to the target. I think you will have a more free feeling swing as the head is released and hit more shots to the target.