



Game improvement at

LITTLE LAKES GOLF CLUB



ABOUT CUSTOM FITTING

CLUB LENGTH

Whilst it is true that the longer the golf shaft, the greater the club head speed achieved, it is also true that distance will only be maximised if the ball is struck out of the centre of the club face (known as the sweet spot). Scientific research has shown that a shot struck half an inch horizontally away from the sweet spot will result in a loss of distance of 15 yards. Having a golf club that is too long or too short for the golfer will promote bad posture and swing plane, leading to more off-centre hits.

CLUB TOO SHORT



CLUB TOO LONG



IDEAL CLUB LENGTH



LIE ANGLE

The lie angle is the angle that the golf shaft makes relative to the ground, when the sole of the golf club is flat on the ground.

The lie angle has the most significant effect on direction and accuracy.

Mechanical testing using a 6 iron has shown that if the lie angle is wrong by only 2 degrees, then the golf shot will be off the target line by 20 feet.

An individual golfer's lie angle can be affected by many factors including build, posture, set up and other swing attributes, which is why it is so important for the fitting to be conducted by an experienced professional who can assess all of these factors along with the golfer's objectives before correctly fitting the clubs for the lie angle.

TOO UPRIGHT



BALL GOES LEFT

CORRECT LIE ANGLE



STRAIGHT SHOTS

TOO FLAT

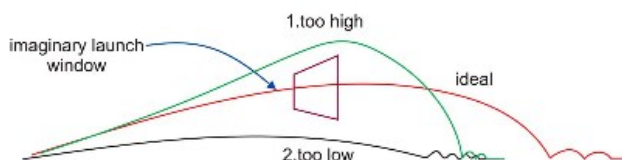


BALL GOES RIGHT

SHAFT TYPE AND FLEX

The correct shaft flex allows the player to load the shaft properly and maximize energy transfer to the ball, leading to greater distance.

Quicker tempo swings generally require heavier shafts and firmer flexes, while smoother tempos may benefit from tighter weight shafts with softer flexes. Most players will benefit from the softest flex that produces controllable and consistent ball flight, which will also produce the optimum trajectory.



GRIP SIZE AND TEXTURE

Although the grip size and texture are based more on personal preference, the correct grip size will produce less tension in hands and forearms, leading to improved hand action during the swing.

CLUB HEAD TYPE

Arguably the most important consideration is the actual club itself. Advice will be given on the best club head options for you, whether it be wide sole cavity heads or forged blades or even hybrid combo sets - whilst it is very important to have a set of golf clubs custom fitted to the golfer's swing, if the look of the golf club is less than desirable, then the golfer is unlikely to enjoy using them and unlikely to play to their potential, especially as so much of the game is psychological!

Call the Pro Shop on 01299 266385