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# **Play Better Golf - Advice For Ladies**

When it comes to golfing, there are certain differences between female and male players that can have a significant impact on the quality of your game. This does not mean that women are better or worse golfers than men. It just means that women play differently than men. They sometimes need to focus on improving different areas than men. This article will offer three tips that will help you play a much better game of golf.

Women have lives where they are so much on the go that, generally, they have millions of different things on their mind while playing golf. This lack of attention can ruthlessly wound their game because, instead of paying attention to the location in which they would like the ball to land, they're ruminating over what to make the kids for dinner or the laundry they mistakenly left in the washer. If you truly desire to develop your golf game, then you need to be able to get to a Zen-like state in which the only thing you center on is the game. Look at the spot where you want the ball to land, draw a line back to the tee and focus on a point that is on that line, then swing. You will be surprised how much your game will improve with a little concentration.

Get out ahead of the class as a beginner by taking lessons from a golf pro.

It doesn't matter how many books you read or DVDs you watch, nothing compares to actual hands-on instruction. Having someone watching your every move and pointing out mistakes as you are making them is a highly effective way to learn the game. If you want to get the most out of your golf lessons with a golf pro, be sure to have a long and open discussion with the pro before the lesson to establish what your goals are and what you'd like to see happen as a result of your lessons. Make a point of being as honest as possible so that you really can get your money's worth.

If you can increase the distance of your swing, you will most definitely make your golf game better. Generally, building up your distance is related to getting more power in your shot. This is why female golfers must take into account that most of the power in their swing is generated from the core and not their arms. So, in order to get the most power in your swing, you must put your entire body behind it. If you have a lot of strength, it is probable that you will hit the ball a good distance. Of course, you can also do golfer exercises, but that will take much longer. However, you should not sidestep this because it can provide advantages in other parts of your life too.

You will soon learn the value of the combination of equipment, training and techniques to a great golf game. Become a reputable player simply by getting the basics down and polishing your technique.

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