

Are You Tired of Hooking?

[by Bob Menzies, PGA Professional](#)

In one of my other golf tip's, entitled, "Are You Tired of Slicing?", I talked about a simple drill that you could try if you wanted to potentially rid yourself of your dreaded slice. Now, I address the opposite problem: the dreaded hook. Basically, to help potentially eliminate your hook shots, we will reverse the information in my "Are You Tired of Slicing?" tip. In that last tip, I wrote that you should practice by hitting golf balls where they are positioned above your feet. But now, we will do just the opposite in this current drill -- and hit golf balls that are positioned below your feet. This drill, just like the last drill, will help to alter your swing shape a bit, and inevitably straighten out your hook!

The reason why a shot will hook is due to the simple fact that the clubhead itself is traveling from too much of an "inside-out" swing path during your downswing. This "rounded" downswing shape, along with your clubface being closed (aiming/pointing to the left) at impact, will certainly cause for your shots to hook.

To fix your downswing fault, hit some golf balls where they are positioned about one foot below your feet. This drill automatically allows you to swing on a more vertical/steeper plane - on your **downswing!** Please be aware that this drill is helping to fix the **downswing** - where your shaft angle and clubhead will hopefully now be approaching into the ball on a more correct swing path. With the ball being below your feet, it will encourage an overall steeper swing shape -- on the backswing as well (almost as if there were a wall behind you). You may or may not be swinging more steeply during your backswing already. However, remember, this drill is intended to help fix your downswing, and to minimize that dreaded hook! Making this type of adjustment in your swing will now give you a greater chance to make a better shaped golf swing - a swing that will hopefully start to become more "on plane". You will however, still need to "release" (the squaring of the clubface through impact - obtained by rotating your hands, wrists, and forearms over one another through impact) the club properly in order to straighten out your shots so that they go towards your intended target!