

Break 90

# Beat the box

Do you seldom hit your irons sweetly? Practice bashing the edge of a cardboard box to improve your ball striking, says Ian Clark.

A crisp contact with the ball is the foundation for a great golf shot, however few of us strike the ball purely every time. To become a better ball striker grab an old cardboard box and address it instead of a golf ball. Then beat the box at impact to learn a solid connection. Here's how it works...

**Fault**

Many golfers fall into the trap of not trusting the club in their hands and trying to help the ball up into the air. The problem when this happens

is that your hands flick at the ball and in doing so cast the club down to the ground either too early, causing the fat shot, or too late, causing the thin. You must learn to trust the loft on the club to do the work for you and then practice timing your arm and body swing to move together so that the club starts and returns to the ball at the same point.

**Fix**

The instant cure for ball striking is to practice hitting into the edge of a soft, straight-edged

object, like a cardboard box. This takes your attention away from striking the ball and allows you to focus on the timing of the arms and body moving together in the swing to ensure the club returns to the ball with accuracy. Place the box directly beneath your left shoulder and address the base of the box so that the club shaft runs straight up the edge of the box. The aim of the drill is to make a few easy swings striking the box so that the club shaft is flush against the side of the cardboard.



When the hands try to 'help' the ball into the air the club flicks upwards at impact rather than striking down into the base of the box. The shaft is angled back rather than flush to the box.



Reached a great contact position here in my left forearm, hands and the clubshaft all in line with the straight edge of the box. Do this and you'll hit straight shots.