

What happens

Do you keep missing the green long and to the left? Are your divots pointing left? Use these simple pointers to stop pulling shots.

By Ian Clark

The body turn is too exaggerated around to the left, pulling the club with it.

Fault

The golfer finishes out of balance, nearly toppling over.

The club gets cast 'over the top' to the left. The clubface is square so the shot flies straight left.

Why do I pull shots?

The pull shot (when the ball starts left of the target and continues to fly straight left) can be caused by a number of faults. If your grip is too strong (three or more knuckles of the left hand showing) the hands will naturally return to a neutral position at impact causing the clubface to be shut. You will also hit pulls if the ball is too far forward in your stance, as you'll have to swing more around the body to the left to make contact with it. If you aim too far right, natural instincts will tell you to swing across to the left (over the top) to reroute the club towards the target, and if your stance is too narrow the shoulders will dominate the swing turning too quickly around to the left. In all cases you need to retrain your swing path.

when... I pull?

You should finish balanced, weight on the left side, facing the target.

Fix

The club should approach the ball from a slight inside path. Try to feel that you are hitting the inside quadrant of the golf ball.

Let your arms extend straight down your imaginary target line feeling that you are chasing after the ball.

Straighten your shape

To correct the pull you have to start with excellent fundamentals. Make sure your alignment is spot on - clubface pointing at the target and your feet, knees, hips and shoulders all pointing on a parallel path to the left of it. Then check that your grip is neutral and the clubface is aiming square to the target and is not closed (pointing left). Now you just need to work on retraining your swing path. Allow your forearms to rotate in the backswing so that the clubface opens but make sure the forearms mirror the same rotation in the throughswing so that the club returns to square at impact. Keep the arms close into the body and extend the club towards the target, turning the body turn to finish in balance.

