

# “PLAY GOLF!”

Baseball season has begun, so it's time to swing for the fences. By Trent Wearer



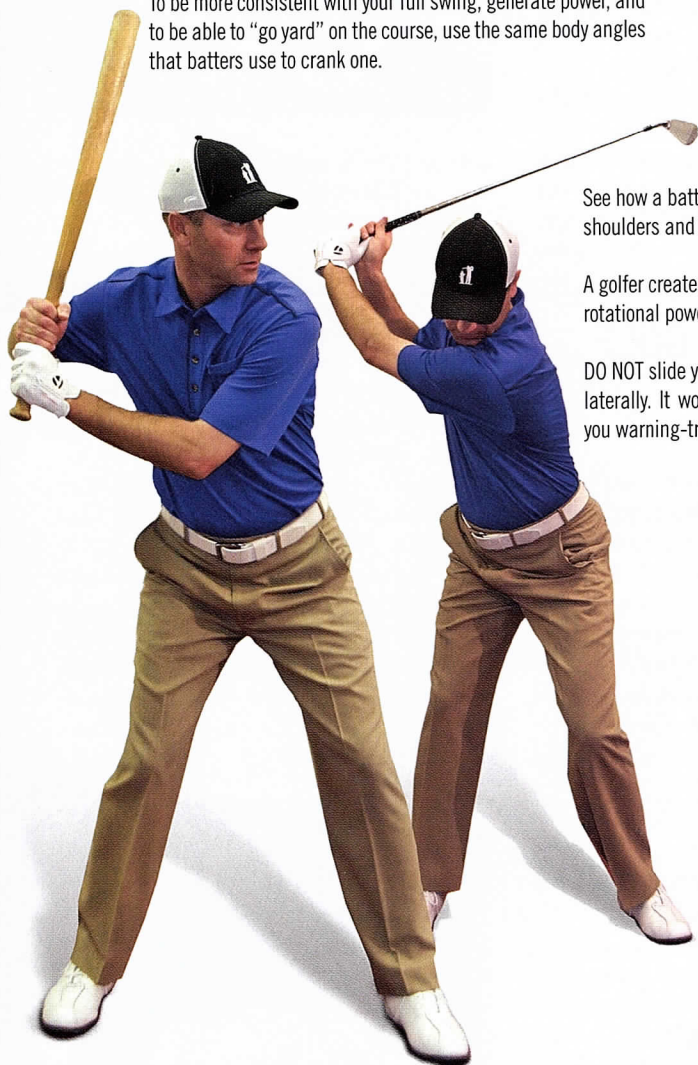
Trent Wearer is rated by his peers as the #1 Teacher in Colorado as published in Golf Digest. He and his staff coach players of all ages and abilities at Trent Wearer Golf. [TrentWearerGolf.com](http://TrentWearerGolf.com) 303-645-8000.

**A**BOUT THE ONLY THING as exciting as hitting or watching a home run is hitting and watching a drive of your own soar deep into the fairway. And the only thing more thrilling than seeing your team win in the bottom of the ninth is draining a putt on the 18th to beat your buddies.

With baseball and golf seasons now in full swing, let's look at how some tips from America's Pastime can help with your Royal & Ancient Game.

## CLEANUP HITTER

To be more consistent with your full swing, generate power, and to be able to “go yard” on the course, use the same body angles that batters use to crank one.



See how a batter coils his shoulders and hips?

A golfer creates the same rotational power.

DO NOT slide your hips laterally. It won't even give you warning-track power.

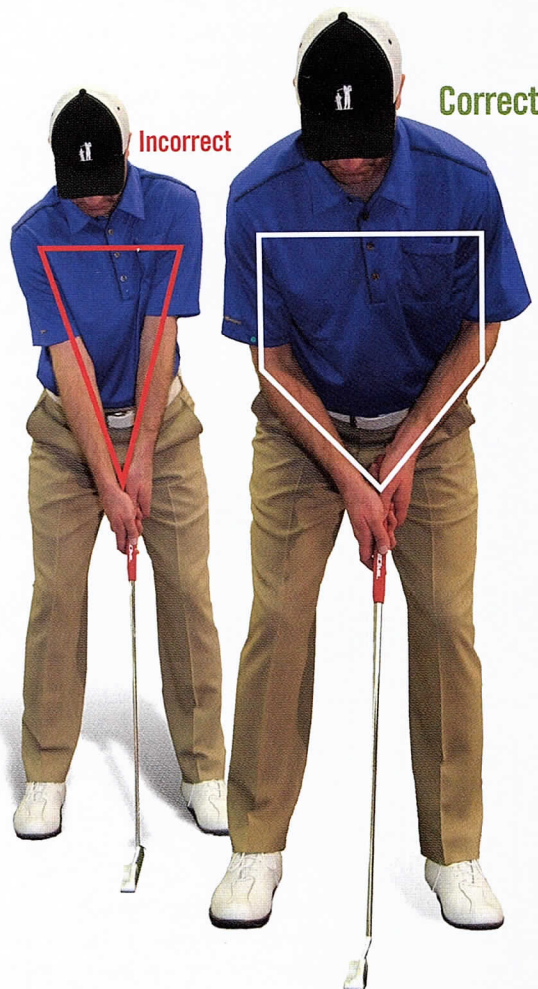
## GETTING HOME

To make more putts, start with your composure and how relaxed you are by setting up as follows:

Tilt over from your hips to a position that allow your eyes to see the intended line/curve that the ball will take.

Drop/relax your shoulders taking the tension out of your shoulders, arms and wrists.

Allow your arms to bend so that your upper arms are lightly against the upper sides of your torso. This will create a home plate shape between your arms and shoulders.



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