

# HOW TO HIT LONG DRIVES



Increase Your Driving Distance  
By 29.5 Yards In One Session  
“Case Study”

**Greg Smith**

# Increase Your Driving Distance By 29.5 Yards In One Session “Case Study”



By Greg Smith

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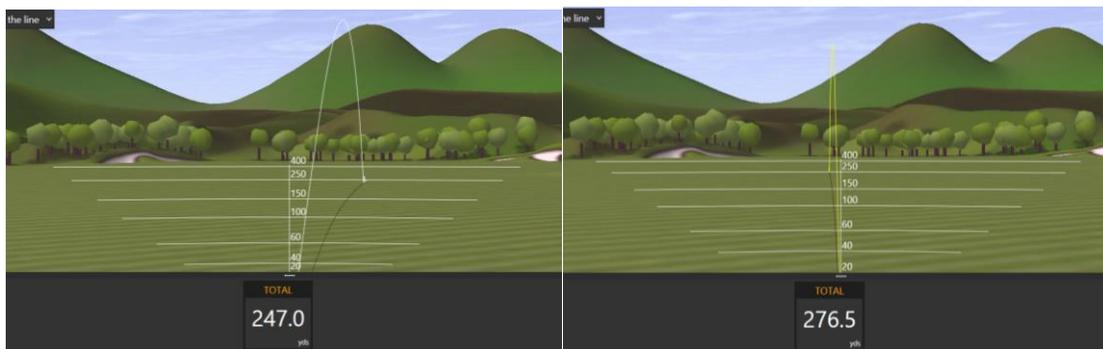
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## NEARLY 30 YARDS IN 30 MINUTES!

### INTRODUCTION

Hi, my name is Greg Smith.... and this report is all about helping you to increase your driving distance as quickly and as easily as possible.

I'm going to share with you a case study where I helped one of my students to gain a massive 29.5 yards on his drives in one 30 minute session and still hit the ball straight.



247 to 276.5 – An increase of 29.5 yards!

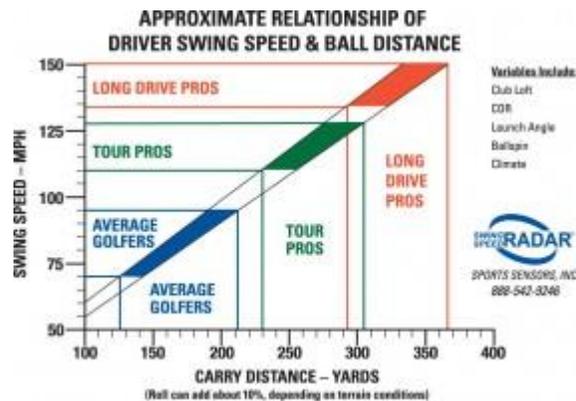
One simple change in this golfer's technique dramatically changed how he delivered the club into the ball and he achieved instant results. Because of this, he was able to push his game forwards with his new found distance and accuracy and you can do the same!

## INCREASING DISTANCE

There are two main reasons why the golf ball doesn't fly as far as it could;

- Your club head speed is too low
- You're not hitting the ball optimally

Increasing your club head speed is a great way to increase your driving distance. Every 1mph increase in your club head speed equates to an increase of 3 yards in total driving distance assuming similar launch conditions.



Improving your technique such as;

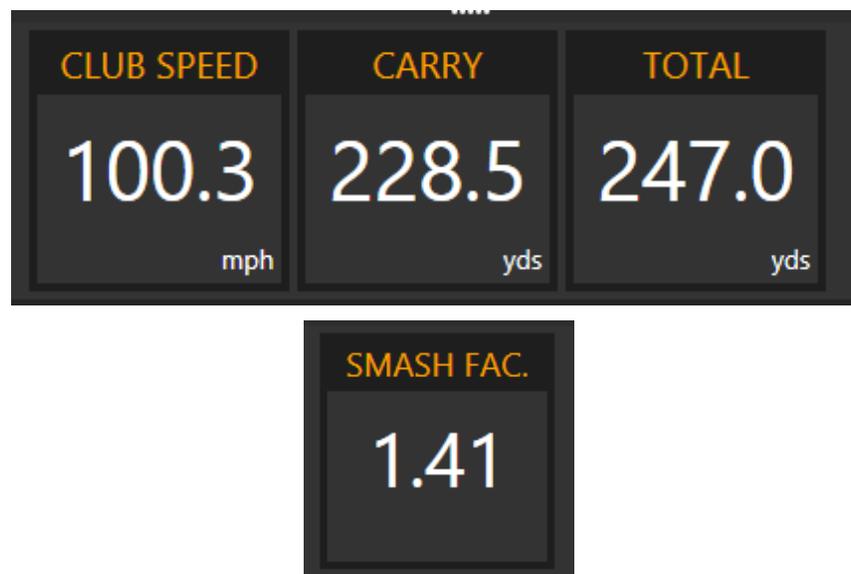
- Increasing leverage in the swing,
- Increasing the efficiency of the swing,
- Increasing the force to the swing,

can all help to increase the amount of speed that you are able to generate. (For more information on learning how to increase your club head speed, join my FREE members training area through this link; <https://edufii.com/i/319c92804a>

In this case study, a simply change in technique helped my client to increase his club head speed by 1mph, but the real increase came from improving a different factor of his ball flight.

## YOUR ONE BIG PROBLEM

In this case study, the cause of the weak ball flight was pretty obvious. The player had a strong swing and generated good club head speed but his distance was very low in comparison to the speed he generated. He also had a very wide spread of shots and the ball flight was inconsistent. All of these factors indicated that the strike of the shot was poor.



Low smash factor = poor strike

Poor contact is normally the number 1 cause for short, wayward drives and if you can improve the contact, then you will find that your spread of shots will tighten up and the distance will increase dramatically.

In most cases, an improvement in the way you strike the ball can also have a dramatic effect in increasing driving distance. In some cases, I have seen students increase their driving distance by up to 40 -50 yards!

A simple change in your technique will have a dramatic effect on the quality of your shots.

## IMPROVING THE STRIKE

Poor ball striking generally comes from an unbalanced body turn in the golf swing. By improving the weight transfer and balance in the swing, you will be able to achieve a centered strike more consistently.

The player in this case wasn't allowing his body weight to transfer into the right leg on the backswing. This caused a very cramped and awkward looking impact position.

A simple drill of allowing the body weight to turn into the right leg going back but then fully clear on the way through completely changed his strike.



Weight transferred into the right leg

When the weight is transferred correctly into the right leg, you are able to create coil and leverage which are the key elements to generating speed.

More importantly however, the club will be correctly set at the top of the backswing. This allows the golfer to deliver the club squarely into the ball at impact and achieve the optimal result in terms of ball flight.

A correct weight shift will set the body in a position where it should automatically clear through impact. All the golfer needs to do from here to achieve a square impact is to simply allow it to happen.

As long as you don't try to stay down on the shot or try to keep your head down, you will have a clear impact and powerful, well struck shots.



## THE IMPROVEMENT

The improvement of the body motion during the swing helped the player in this case study to reduce his dynamic loft (loft of the club at impact) which in turn reduced the spin rate. The change also improved the centeredness of strike and club head speed which massively improved the ball speed.

DYN. LOFT	SMASH FAC.	SPIN RATE
15.4 deg	1.41	3170 rpm
CLUB SPEED	BALL SPEED	TOTAL
100.3 mph	141.4 mph	247.0 yds

Trackman stats before change

DYN. LOFT	SMASH FAC.	SPIN RATE
11.4 deg	1.51	2483 rpm
CLUB SPEED	BALL SPEED	TOTAL
101.6 mph	153.5 mph	276.5 yds

Trackman stats after change

So there you have it.....

One simple little change in your body rotation and weight transfer will help you to improve;



Your delivery of the club at impact



Your consistency of strike



Your club head speed



Your ball speed



Your spin rate



**Your overall distance by 29.5 yards!**

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## KEY TAKEAWAYS

Here are the big takeaways that you should remember from this case study

- **Number 1.** The first question you should ask yourself when trying to fix a faulty ball flight is “Is the strike centered?”
- **Number 2.** The main cause for miss-struck golf shots is a faulty weight transference and body rotation.
- **Number 3.** Turn the body weight into the right leg on the backswing and then fully release through, to achieve a consistent strike



## JOIN MY TEAM

If you enjoyed this report, then why not join my FREE online training space through the link below;

<https://edufii.com/i/319c92804a>

As a member of the Greg Smith Golf Training Team you will gain access to a comprehensive library of fantastic content to help you play excellent golf.

**What's Inside?** (below is example of what's to offer from the training space)

- Unparalleled access to myself and my team with the ability to ask questions.
- Drills, practice techniques, and detailed case studies.
- Video's of tour pro's golf swings.
- Useful training material and documentation.
- All of this and more will be delivered directly to you on your mobile device.

To join the Greg Smith Golf All Access Training Team click the link below and create your account, then be sure to download the app too. Signing up should take you about 60 seconds!

<https://edufii.com/i/319c92804a>

Thanks a lot for taking the time to read this report and I hope to have you as a fellow member in the Greg Smith Golf All Access Training Team.

Happy long hitting!

Greg

Greg Smith (The UK's Top Golf Coach)