Free Golf Tips

Hook Fix Checklist

9 Checks

Right-handed golfer; left-handers swap left and right.
Tick each one at the range, then hit 10 balls at half speed.

- [ ] **1.** Lead-hand knuckles: no more than 2–3 visible.
- [ ] **2.** Grip pressure about 4 out of 10, not choking the club.
- [ ] **3.** Face square, not closed, at address.
- [ ] **4.** Body aimed at the target, not right of it.
- [ ] **5.** Ball not too far back in the stance.
- [ ] **6.** Takeaway not too far inside.
- [ ] **7.** Keep the body turning through impact; don't stall.
- [ ] **8.** Hands don't flip at the ball.
- [ ] **9.** Check your divots: pointing left means a path or face issue; note it.

Want the drills in order? Fix Your Hook: a 14-day printable plan, $14.99 USD.
freegolftips.net/fairway-plans/