

Which Golf Training Products Do You Really Need?

There are so many golf training products available that you probably don't know which one to buy. First, you need to know why you need them and what type of golf training products you may need. Many golfers spend too much money on golf aids without seeing any progress in their game.

Maybe you don't have a particular problem with your game; you just want to improve certain aspects of it. For example - more distance, accuracy, consistency, or maybe you want to get into golf strength training because you know that when you are fit for golf you can have a better all round game.

As there are so many types of golf training products, in this article I will go over the top 4 categories that can help you. First, you will have to establish why you are in need of a golf training aid. Once you know the why you will have a better understanding of which particular problem in your golf game you need to improve.

Golf training equipment isn't the only choice you have - in their place, you could have a look at the available golf guide books (eBooks) or golf DVD's that show you how to improve certain areas of your game. Many of these eBooks and DVD's are great resources for targeting and fixing a certain golfing problem; the golf swing, golf fitness programs, golf stretching exercises, how to fix a slice, or just some good general golf lessons. If you prefer using a physical golf training aid then here are the top 4 categories:

Full Swing Training Aids: This is the biggest category of them all, but not all products that are lumped into it are a complete golf swing solution. Probably the best full swing trainers are the hinged golf clubs like the Medicus Dual Hinge Driver or the Refiner hinged training clubs. Next, you could try the Leadbetter Swing Setter or weighted golf clubs like the Momentum weighted driver. Finally, a full circle swing trainer like the Explainer can really help you with the full swing.

Golf Fitness Training Aids: These products should be considered by all golfers because once you are fit for golf you will see a marked improvement in your golf game. The leader in this category is the GolfGym range of fitness training products. Weighted golf clubs are also another excellent way to build up your golf specific muscles as well as increase your flexibility. The Explainer that I mentioned before uses a weighted roller that also tones up your golf muscles and range of movement.

Golf Grip Training Aids: As the perfect golf swing starts with a good golf grip, golf grip training aids are another essential product if you have problems with your grip. These products range from specially molded grips that fit over your regular grip of your clubs to special golf gloves that help you grip the club with the right pressure and the right position every time. Also in this category you will find grip training aids that are designed to strengthen the muscles of your hands and wrists.

Putting Training Aids: Putting is one of the most important areas of the game of golf and you will find many diverse putting aids to help with your putting. There are putting aids that help you with your tempo and even laser guided putters to help with alignment. You will also find a great variety of putting guides and tracks for alignment training as well as braces that train you in the correct positioning of your forearms and hands for the putting stroke.

These are the main categories of golf training products. There are several other specialized categories that are more specific, like; swing plane, golf tempo, alignment, balance, weight transfer, impact position, release, and short game training aids. So, as you can see, there is a specific golf training product for each and every area of the game of golf. Remember, only buy a golf training aid when you have identified the specific area of your game that you need help with or that you want to improve.

About the Author

For more Golf Training Tips go to Mick Euan Tait's website where you will find more information of the top 4 categories of [Golf Training Products](#).

You can also sign up for a free [Golf Mini-Series](#).

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