

# Golf Training Aids That Actually Work!

Every year I attend the PGA Show in Orlando and I'm amazed by the number of "new" golf training aids vying for your attention. Literally there is a training aid to fix anything & everything that's going wrong in your swing. Ask anyone that's met me and they'll tell you I'm not a fan of golf swing "remedies", simply because they typically do not address the underlying challenge in a golfer's swing that's causing the problem.

I'm going to review the best golf training aids in the world helping you to play better golf. I've tested hundreds, maybe thousands of training aids and some are good, some are bad and many are simply crazy. I only recommend 5 out of all of them. You can spend a few dollars to just over a hundred dollars, so you need to choose wisely. A good golf training aid is a great investment in your golf game leading to lower golf scores.

Putting in time and effort working with the right tool can produce real breakthrough improvements in your golf game.

The training aids reviewed cover everything from stand-alone tools such as alignment sticks and impact bags to aids that refine your swing like the Whip Trainer and the Acu-Strike Mat.

Read through each review and find which one best fits your golf swing and practice regularly ingraining the new body movements into your game. I've included some links to purchase them all can be found on online or Amazon as well.

*Note-While I endorse these aids I take no money from the manufactures for doing so, unlike many golf instructors out there.*

## **IMPACT BAG**

**A good golf impact bag is one of the first golf training aids you should consider buying. The golf impact position is arguably the most important part of the swing and should be practiced often. Hitting into a golf impact bag reinforces that and should be a regular part of every golfers' practice routine. Get this part of the golf swing right and you'll not only strike the golf ball better, but lower scores will inevitably follow.**

A good golf impact bag enables you to focus your attention on the moment of impact, ensuring the clubhead and body angles are in the right position.

It helps train your body to rotate correctly, create lag in the golf swing and release the clubhead efficiently.

An impact bag helps you create forward shaft lean with your irons and maintain a flat lead wrist at impact.

Impact bags such as the impact bag by Dr. Gary Wiren, can be purchased for as little as \$30.00, or you can even create your own with an old sports bag filled with towels and old rags.



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## **ALIGNMENT STICKS**

**One of the most important golf training aids every golfer should buy is a couple of alignment sticks. Nearly every good golfer from top amateur to professional I've seen, they've utilized alignment sticks somewhere in their practice regime. Alignment sticks are inexpensive and offer numerous benefits to your golf game and should be the first golf training aid you purchase on your path to becoming a better golfer.**

They are an excellent directional tool, enabling you to align squarely / parallel to the target building a strong golf set up routine.

Alignment sticks can be used as visual guides when placed at certain angles in the ground when working on improving your golf swing plane.

You can use them as an extension to your golf club enhancing the visual of where the golf club needs to be at certain stages of the golf swing.

Use your alignment sticks as a feedback tool when attached to your golf club as part of golf chipping drills designed to improved better arm and body connection through impact. *PS-You can get theses at a local hardware store.*



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## **WHIP SWING TRAINER**

**One of the best golf training aids for sequencing your golf swing, especially the downswing, is a whip swing trainer. There are several good ones on the market, personally I use the original, the Orange Whip Golf Swing Trainer. It has a heavy handle and clubhead with a flexible shaft, making it an excellent way to train yourself to sequence the golf swing properly. If your movements are out of sync, the Orange Whip Golf Swing Trainer will give you instant feedback by bending and flipping at the wrong time in golf swing.**

Teaches you to maintain the correct wrist angles throughout the golf swing. The round orange ball at the end moves out of place if you make any incorrect movements.

Great for learning how to maintain lag in the golf swing enabling you to generate more power and distance in all your golf shots.

Learn to feel when your golf swing is in rhythm and balance ensuring you swing the golf club correctly, without worrying about the position of the clubface.

The Orange Whip Golf Swing Trainer is also an effective warm up tool by stretching your golf muscles whilst performing a solid tempo and balance in the golf swing.



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[ANOTHER VERSION](#)

**IMAGEN GOLF | THIS GOLF AS YOU'VE ALWAYS IMAGINED**

## **ACU-STRIKE GOLF TRAINING MAT**

**When it comes to practicing the ideal golf impact position with your irons, the Acu-Strike Golf Impact Training mat is number one. This revolutionary training aid is a must for golfers wanting to know how to hit ball first, turf second contact with your irons. Train yourself to make consistent, solid contact with the golf ball from anywhere in the world. It's perfect for golfers who struggle to compress their golf iron shots and tend to lift or scoop the golf ball.**

Gives instant feedback leaving a mark on the special fabric, letting you know where you've contacted the golf ball.

The Acu-Strike Golf Impact Training mat can be used at home without hitting a golf ball or can be taken to the golf driving range to improve your ball-striking.

Swing path is easily identified showing you if you're coming too far over the top, too steep or coming too far from the inside.

Square, open or closed clubfaces can be quickly detected providing valuable information on possible grip or swing tendencies that need correcting.



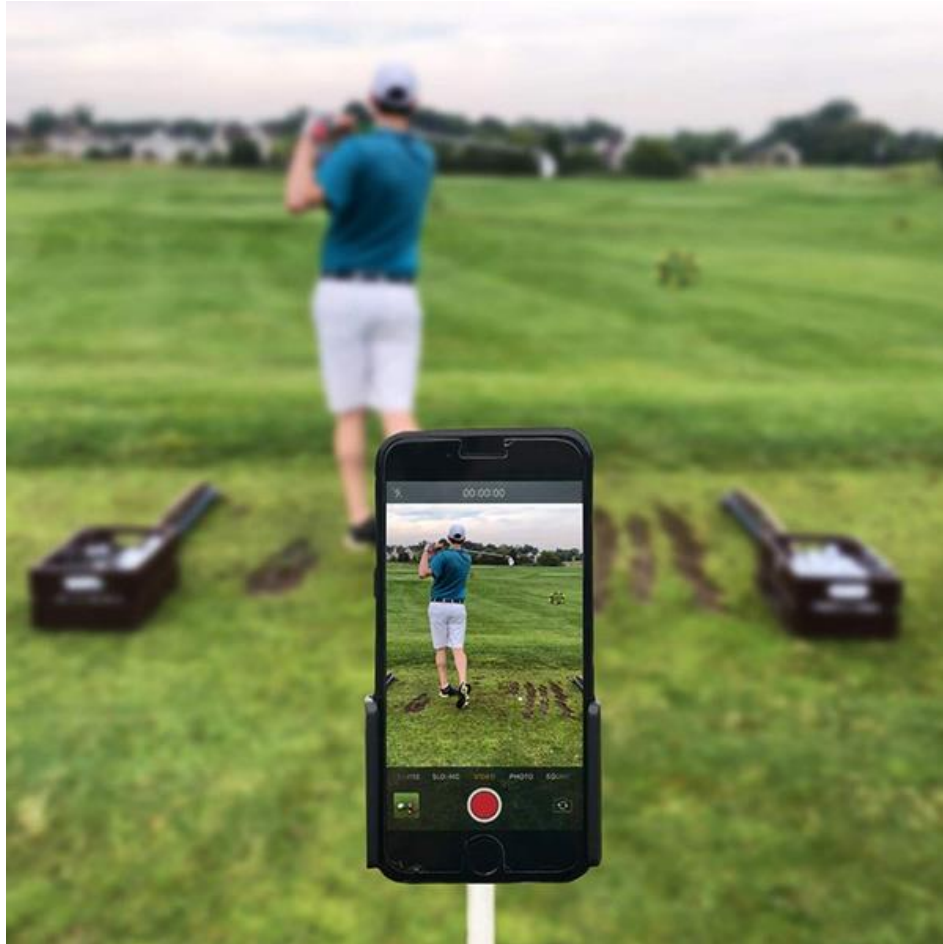
[BUY ON ACU STRIKE SITE](https://www.acustrike.com)

[WWW.IMAGENGOLF.COM](https://www.imagen-golf.com)

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## **GOLF BAG CELL PHONE HOLDER**

I've given thousands of lessons over my career and I can tell you that when students can actually "see" what they're doing they improve faster. This is A Must-have for Golfers - No need to find someone to record video for you when you are playing golf. Record every moment of your golf swing and improve your body movements in time to become a better golfer. Watch it immediately, save it for future viewing, log it as part of your improvement or send it to your coach for review.



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# Getting the most out of a golf training aid

**Your golf training aid is only as good as the way you practice with it and the amount of practice, you're able to put in. They are all different, and each one requires different movement patterns, repetitions and with some training with or without golf clubs. Discuss with your golf instructor the best way to practice ensuring you do enough and the right way for your golf swing. Seek out as much information as you can on the training aids and you'll find them to be an effective tool for fast-tracking your golf improvement.**

Always read the instructions that come with each golf training aid. They are designed to be used a certain way, so be sure not to waste time during incorrect movements.

Allocate at least 10 minutes a day practice with your training aid. This ensures you consistently build the new movement pattern into your subconscious.

Keep your golf training aid in a place that easily seen, this way you won't forget it and lose valuable practice time.

Perform the movements slowly and deliberately especially in the beginning. This ensures optimal practice leading to better golf.

As always please let me know if you have any questions or how I can help? Call me at 215-595-6299 or email me at [Daniel@ImagenGolf.com](mailto:Daniel@ImagenGolf.com)

Know that I appreciate your business!!!

*-Daniel*