



Four Things the Baseball Swing Can Teach Every Golfer

For decades, the baseball swing has been blamed for many undesirable golf shots. I'm delighted to put that myth to rest by sharing the four biggest lessons baseball can teach golfers: grip, arm alignment, body movement, and transition.

Swing Tip #1 - Grip

At the moment the bat meets the ball, the lead hand must be in a position strong enough to withstand the collision. Notice how the bat naturally aligns with the joints of the lead hand,

wrist, and arm. This creates the same "lever-and-hit" position we want at golf impact. A sound grip isn't just about holding the club—it's about putting the lead hand in a position to deliver force efficiently through the ball.



Swing Tip #2 - Arm Alignment

An ideal impact position shared by both baseball and golf is having the trail arm slightly underneath the lead arm through impact. This reveals what is arguably the most important position in both sports: the Line of Compression.

The Line of Compression occurs when the trail arm lines up directly behind the shaft at impact, allowing the player to pressure the back of the club and truly compress the golf ball. Many golfers can strike the ball with a square clubface, but very few compress it properly. That's the difference between simply making contact and producing longer, straighter, more powerful shots.

Swing Tip #3 - Body Movement & Sequence

The sequence into impact is remarkably similar in both sports and begins from the ground up.

As the lead foot plants, the lead leg pushes the lead hip out of the way. That movement starts the kinetic chain: the hips begin to rotate, the torso and shoulders unwind, the arms follow, and finally the club meets the ball.

The lead leg clearing the hip and the trail arm arriving into impact are directly connected. When these movements are properly timed, golfers produce effortless speed and solid compression.

Swing Tip #4 - Transition

Most people instinctively know how to change direction while swinging a baseball bat. As the bat moves back, the body naturally steps forward.

Golf is much more challenging because the feet remain planted. Without that natural step, learning a proper transition becomes much more difficult.

One of the best ways to develop this movement is the Step Drill. Simply rehearse step ... swing, step ... swing. This teaches the lower body to initiate the downswing, improves sequencing, and creates a transition that closely resembles the athletic motion used in baseball.

The Takeaway

The baseball swing isn't the enemy of great golf—it may be one of the best teachers of it.

When you understand the similarities between the two sports, you begin to appreciate how proper grip, arm alignment, body sequencing, and transition all work together to produce powerful, compressed golf shots.

