



## Double Cross in Golf Explained With Tips to Fix It

The double cross in golf is a frustrating and all-too-common mistake that can derail a round and shake a golfer's confidence. It occurs when a player tries to fix an initial shot problem—usually a hook or a slice—but ends up hitting the ball in the opposite direction even more severely. For example, a right-handed golfer who naturally hooks the ball, causing it to curve excessively left, may try to slice the ball intentionally to correct the issue. However, if this correction is overdone, the ball ends up slicing dramatically right, a classic case of the double cross. This mishit results from overcompensating in swing mechanics, typically through an incorrect clubface angle and swing path at impact. Instead of helping, the attempt to “fix” the shot actually creates a worse problem, making it a self-inflicted error that can be very frustrating on the course.

Understanding the causes of the double cross is the first step to fixing it. Most often, it is the result of poor synchronization between the clubface and the swing path. When trying to counteract a hook, golfers might swing with an outside-in path or open the clubface excessively, leading to a severe slice. Conversely, trying to fix a slice by closing the clubface too much or swinging too far inside-out can produce a harsh hook. This mismatch causes the ball to curve sharply in the opposite direction of the intended correction, which is the essence of the double cross. Additionally, tension and overthinking during the swing can worsen the problem, as anxious players tend to make abrupt changes mid-swing, losing rhythm and control.

To fix the double cross, golfers need to return to the fundamentals. A neutral grip and square clubface at address help maintain proper control. It's crucial to focus on a consistent and balanced swing path—ideally an inside-to-square-to-inside route—that encourages a straighter ball flight. Drills emphasizing clubface control and swing path awareness can rebuild muscle memory and reduce the tendency to overcorrect. For instance, practicing slow-motion swings with focus on releasing the club properly can help. Video feedback or lessons with a teaching professional are invaluable tools for diagnosing the root causes and tailoring specific adjustments.

Equally important is managing the mental side of the game. Avoid the temptation to “fix” the ball flight consciously during the swing, as this usually leads to tension and overcompensation. Instead, trust your fundamentals, maintain smooth tempo, and develop confidence in your

setup and swing. With consistent practice, patience, and possibly professional guidance, golfers can eliminate the double cross from their game, leading to more reliable, accurate shots and improved enjoyment on the course.

Details at: <https://ricksgolfshop.com/what-is-a-double-cross-in-golf/>