



Check your posture

„Body position is 90% of a good golf swing“

Jack Nicklaus

A good body position is the first and foremost condition to allow a smooth, balanced and powerful swing.

Most of the students who come to see us at the Academy, seek more consistency, more power. And almost every single time, we need to correct not so much their movement, but first of all their starting position when they address the ball. No one seems to know „precisely“ how to set up, and „approximately“ will not do in golf. „Approximately square“ is not square !

Very often, improving their position is enough to make the whole swing better, only because it helps make the body motion more natural, and much less complicated.

So lets find an easy way to set up the right way every time, and to get rid of all the unnecessary tension. The main thing to keep in mind when taking your position, is to search for **freedom of upper body movement** to allow a good rotation (relaxed shoulders, neck and arms), together with **stability and balance** (strong lower body). The power and consistency that we are all striving for will come from this combination.

HELPFUL TRICK

A great way to set up is to start standing straight with your knees flexed. Extend your arms in front of you, lower the triceps to your chest so your hands are waist high. Now angle your wrists so the club is parallel to the ground, and look straight.



From there, now bend over at the hips without changing any other angle, until your club touches the ground. Your posture should then be close to perfect. Extra: Close your eyes to bend over. It will help you to maintain a good spine angle. It is OK to open them again before you hit !



How far from the ball should I stand ?

This is dictated by the posture and the club length. Adjust the ball position to your posture, and not your posture to the ball placement.

How much knee flex ?

Stand straight, look at your laces. Flex only until you cannot see the knot.

Should I keep my arms straight ?

Tension is the number one enemy of a natural golf swing. Your arms are straighten by gravity, not by force. Therefore, a slight natural angle remains in the elbow.

Can I open my front foot to help my turn ?

Yes, as long as you keep the heels and your hips parallel to the target line.

Grip/Hands

Let your left arm hang naturally and hold the club right there. So the club looks like an extension of the arm. This positions the hands slightly ahead of the ball for better impact. This hand position (just inside the left thigh) is the same with every club.

Because the right hand is slightly lower than the left, the right shoulder is also lower but it stays square (inline with the target).

Self posture check:

Just as you are ready to start your swing take the left hand off the club and completely let it drop. If it stays just where you had it, your position is OK. Do this before every swing at first then punctually to observe.

Hips

Bend at the hips not at the waist. The hips tilt together with the spine. The back stays straight and the stomach stays flat and firm.

The angle of the spine must be very much the same as the one when you are standing naturally: no more arched or rounded. Respect your own build.

Knee flex

is minimal but remains the same throughout the whole swing, so the body doesn't go up and down.



Head/Neck

Maintain you head up as you bend over, and feel tall. You should be looking at the ball from the bottom of your eyes, so you make room under your chin for the shoulders to turn. This helps you maintain proper body height during the swing.

Feet

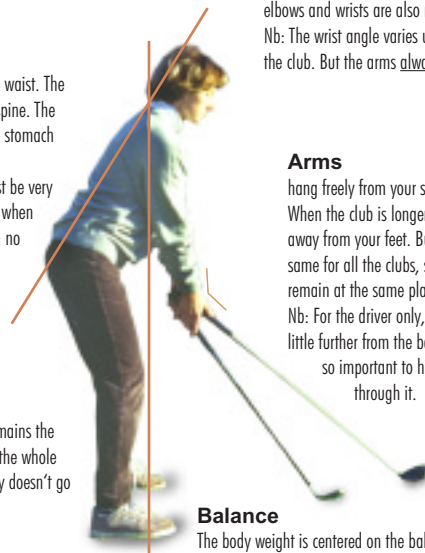
should be parallel, and perpendicular to the target line. They should also be on the exact same line as the knees, the hips, and the shoulders. They should be just wider than the hips. For longer clubs you can widen your stance slightly to increase your balance.

Shoulders

are tension free and forward so the hands drop freely about 10 cm from the thighs. The elbows and wrists are also relaxed. Nb: The wrist angle varies upon the length of the club. But the arms always drop vertical.

Arms

hang freely from your shoulders. When the club is longer, the ball is further away from your feet. But the posture is the same for all the clubs, so the hands will remain at the same place. Nb: For the driver only, you can stand a little further from the ball, as it is not so important to hit under, but rather through it.



Balance

The body weight is centered on the balls of the feet and evenly distributed on both feet.

You are now ready to swing. Don't stay too long in his position, so you don't tense up unnecessarily. If you do not feel right over the ball, start all over, until you are free from doubts to start your swing. A good routine will help you get it right every time. You will save a lot of money on your next lessons, as the pro can now focus on your movement, and no longer on your fundamentals !

Next month I will help you with your grip, and explain the importance of ball position. But practice your posture a lot in front of a mirror first, it will help you more than you can imagine...

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