

### Ballantrae Lesson - #3 – Aiming

Do you ever pull shots to the left of the target (right-handers) or push them to the right? If so, it may very well be an aiming problem that causes this to happen. It is a proven fact that very few golfers line up to their intended target very well. Most right-handers tend to aim well right of target. Needless to say if you aim to the right of your target, you will have to swing left in order to come anywhere near the intended target. This creates a need to make an incorrect swing and we see a lot of this aiming problem as the root cause of a bad swing.



To correct this aiming problem, we will use a tried and true remedy-“Railroad Tracks” – Imagine that you are hitting shots down a railroad track. The outside rail is aimed directly at the target and your ball is set up on this rail. Meanwhile, your feet are positioned on the inside rail along with your hips and shoulders, all parallel to the outside rail. Now you are standing “square to the line of play”!

On the range, replicate this picture by laying your putter on the ground exactly parallel to the ball to target imaginary line. Then position your feet, hips and shoulders as square/parallel as you can to the putter which becomes your guide for square alignment. Practicing with this guide regularly will provide an accurate picture of the target as you swivel your head to look downrange on each shot. You will rarely see a tour level player practice without their guide in place.