

Ballantrae Lesson - #1- Posture

Do you ever have trouble hitting “tops” and “fat” shots? If so, it is likely that you are suffering from poor posture at address. Of the five pre-swing fundamentals of golf, posture is probably the most often overlooked. Too many players attempt to “keep their head down” at address by gluing their chin to their chest – BIG MISTAKE! This procedure positions the head in the way of a good, full shoulder turn leaving no room for the shoulder to fit under the chin at the top of a good backswing. As a result, the swing becomes an effort of the arms rather than a good turning effort of the trunk, and severely limits proper weight transfer.

To improve your posture, study a side view of your address position using a full-length mirror. Then go through the following steps to assume correct posture for full shots:

- Begin by standing erect with your feet turned outward slightly, weight evenly distributed and the stance about the width of your shoulders
- Next, flex the knees slightly until you feel your weight moving onto the arches of both feet
- Then stick your rear end out as you tilt slightly forward keeping your lower back flat with your chin up. READ AGAIN – KEY POINT!
- Now let your arms hang naturally downward as if holding a club and feel your upper arms resting lightly on your chest.
- Last, tilt your left shoulder and left hip up slightly, and relax your right side dropping the right shoulder a fraction.

YOU'RE THERE! Now your spine angle and center of gravity are correctly positioned. This new address position may feel very awkward at first which probably means it is correct (see example below for correct posture). Check your posture often using a mirror to maintain the correct position! Now go and enjoy some better quality shots for a change!!

