

# Stance and Ball Position

Now that you have worked on improving your grip, aim, and posture, it is time to mention the last couple of pre-swing fundamentals that will ensure a great starting position from which to build a great swing.

**Stance**– The longer the shot, the wider the stance – When hitting a wedge on shorter pitch shots, your feet should be relatively close together. On full shots, the rule of thumb is to have your stance wide enough to maintain perfect balance, but narrow enough to rotate your trunk freely and shift your weight as required. On your longest clubs, position your heels so that they are no wider than the width of your shoulders. Then gradually narrow the stance as the club length shortens.

**Ball Position**– Position the ball with short irons opposite the center of the stance and the driver opposite the left heel (right-handers). Stagger the rest in between these points according to their length. Please note that hybrids are played in the same location just ahead of center like a 5 or 6 iron. Nothing is played outside of these suggested points unless you are talented enough to play a specialty shot. An example of this would be a very low shot under a tree limb where you would position the ball back of center in the stance. Generally speaking, to hit a lower, hooking shot, play the ball further back in your stance – for slices and higher shots, play it further forward.

