

As the first day of play hopefully looms ever closer here's just a gentle reminder of what you may need just to start on the right lines and just before your first shot is struck:

I'm sure most of you will just be glad to be out there but this will help a little just so you can get the most out of your game.

There are 5 basics to a set up routine and they are:

- Aim
- Grip
- Ball Position
- Stance
- Posture

Golf is a game where you can always find improvement in all areas no matter how old you are. So, the first step to achieve that is through routine (repeated actions)

AIM (firstly):

Always ensure you line your blade to your target line (flag, marker etc)

Then build your stance around your club.

Please note that if you do misalign more faults will filter down to your swing then you're on a slippery slope of faults masking other faults.

So, blade alignment is key!!

GRIP:

Generally, there are 3 grips but the 2 main grips are the:

Overlapping or the interlocking.

Both combine the hands to help feel the club through impact which is very important to help create more consistent golf shots. The third grip is the baseball grip it's not widely used but for some players it can be very effective.

Then we come to the hand positions on the club and the general consensus is for the hands to be in a neutral position so we have the back of your left hand pointing to the target and the Palm of your right hand pointing to the target (right hand only) this allows the blade to hardly twist at impact giving you a more consistent shot and a repeated trajectory. Which in turn creates more Power!!

There will be exceptions to the rule as regard to the players grip but by enlarge we all follow the same principles.

Through practice and trial and error I'm sure you'll find out which suits you most.

BALL POSITION:

My thoughts as regard to the ball position is really in the players hands and that's through practice & more practice! Teaching books & Pros lessons can vary in this area but in my opinion just do what feels natural and comfortable (please note: don't get to excessive and exaggerate the ball positions).

STANCE:

We'll start with the feet positions first. Sure footing is vital to ensure a good base for the golf swing so firstly make sure your right foot (for right handed golfers) is squared off (at 12.00 o'clock) if its opened to the right it allows the club to swing to far inside and in turn restricts the follow through so it's hard to get your club square at impact so losing distance and control.

Likewise, if your right toe is turned inward it will restrict the back swing so losing valuable club head speed at impact. So, the middle ground is a square right foot. The left toe can be either squared off or open a few inches to the left either way just practice to find your most effective position.

From the feet we arrive at the balance of a golf stance now this is very important to ensure the upper body turn works around a central head position (please note: not a fixed head position, this will restrict the upper body movement) so the balance ratio is 50/50! This can vary if you require a punch shot, a draw shot, a fade etc change of ball position too! But the main swing works on an even balance! If your weight ratio is 60/40 on either foot for example your body will pivot and not swing which in turn loses distance & control.

Always remember it's a golf swing not a golf pivot)))

POSTURE:

Finally, we get to the posture and I hope most have kept with me as I know I do tend to go on sometimes 😊

For the posture we go back to the balance position and that's simply to bend your knees to help the weight ratios. Through my lessons over the years the main problem as always been the knee flex!! When golfers play poorly or lose confidence, they tend to steer themselves closer to the ball and the good posture loses itself very quickly! Good knee flex also allows the back to be straight and lets the arms hang freely which gives a comfortable posture to allow a more consistent start to the swing.

I'll go through the swing in my next post thank you.

I'll sign off now and hope that what I've written helps in some way to add even more enthusiasm to your golf game for when we return.

Keep safe to all.

Regards
Glyn.
Club Professional.