

Get Balanced for Success

I believe that most bad golf swings are caused by poor balance. Many of my students begin their swing or take their posture with their weight too far on their heels. It's impossible to make an athletic move standing with your weight back on your heels.

Address



At the address position you should feel stable and balanced. Your feet should be flat on the ground. And your toes should not rise or grip in your shoes. I want you to feel balanced, 50/50 from left to right and front to back. It should be possible for you to lift your feet off the ground in a ready position. Like a tennis player awaiting the serve. Now you're ready to begin your swing!



Top of the Swing



This same feeling of balance MUST remain as you reach the top of your backswing. I always watch my student's feet at the top of the backswing to see if they've maintained their balance. 99% of the time they don't! It has shifted either left or right, one foot (sometimes both) is off the ground, and the balance is lost. Practice creating your backswing and make sure you are as balanced at the top as you were at the start.





Heartland
Golf Schools
From USA

Jurong Country Club

THE LESSON TEE

Follow Through



The golf swing is a very dynamic movement and balance is crucial to attaining consistent contact with the ball. At the finish position of our swing we should be comfortably balanced over our front foot with our back toe touching the ground for stabilization. Watch the guys and girls on tour and notice how good they are at balancing.



This is what I want you to do. Close your eyes and make slow swings without a ball, focusing on your balance. Stop at the top and check your balance. It should stay the same. When you're ready, make the same swing with your eyes open trying to brush the grass. Once you can do this consistently...try it with a ball.

At Heartland Golf Schools we make Golf Fun & Easy to Learn