

CORRECT POSTURE

Hitting good, consistent and solid golf shots can be achieved by every golfer.

Maintaining correct posture while swinging the golf club will promote balance and maximize greater distance. Having a good posture not only helps you swing the club better, it will minimize those niggling back problems. Posture is something we don't concentrate on sufficiently, so here is the correct position for you to try.

A common fault in the set-up for many golfers is having arched shoulders/ back or what we refer to as a "C" posture.



Starting in this position will make it very difficult to maintain good spine angle throughout the swing. As you can see, you will likely break your posture and come up and out of the swing. There goes your balance, control and consistency.

The best way to know if you have a good posture is to check the angle of your back and the angle of the club at address position. Starting in this position and maintaining the correct angle throughout your golf swing will help you be on your way to good and consistent golf. At address and at the completion of the backswing, you can see that the spine has maintained the same angle to rotate back through the ball with maximum balance and speed.



Let's remember golf is a game, but with the right fundamentals, we can all be over-achievers. Looking forward to everyone's feedback to this issue's tip by Heartland Golf Schools!

By Dave Hennessy