

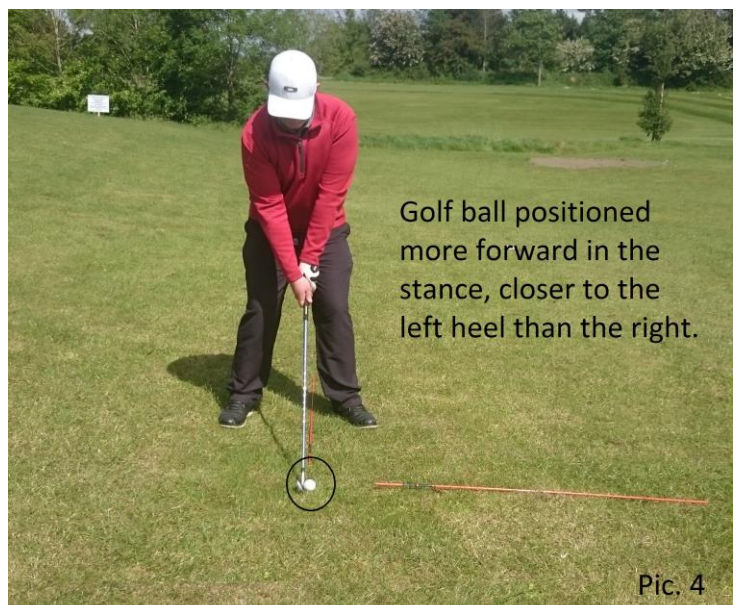
Week 5 Long Game – Ball Position

Last week I had a player on the practice tee who was hitting their shots left of their intended target. Their shots were hit solidly so it was very frustrating for them. After observing the player hitting a few eight irons I noticed that they were playing the ball too far back in their stance (closer to their right heel than their left heel, Pic. 1).

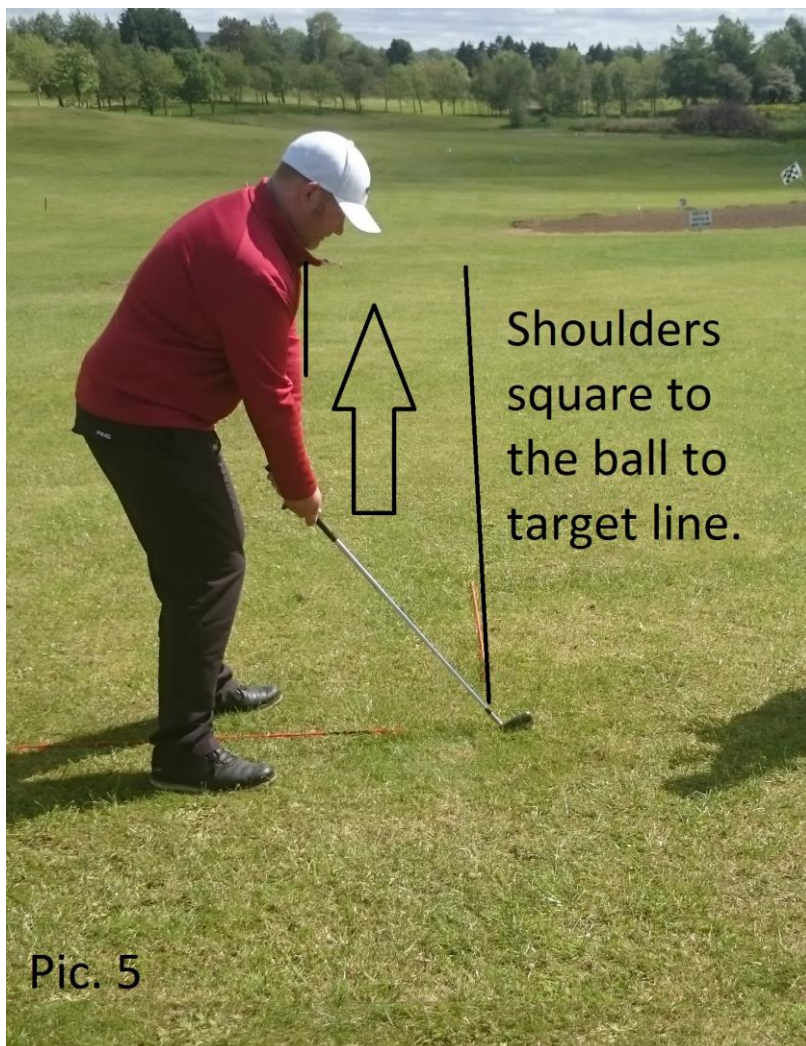


This position set about a chain reaction causing the undesired ball flight. Because the ball was positioned too far back it was closing their shoulders to the target line i.e. pointing to the right,(Pic.2)

As the player was swinging the club along the line of their shoulders this was causing an "in to out" swing path relative to the ball to target line. (Pic. 3) and because the player was lining up their club face to their intended target this was causing the ball to curve too much and finish left of the target.



We set about moving the golf ball further forward in their stance and placed alignment rods down opposite the golf ball to emphasise this.(Pic. 4) By doing this it helped to square up the players shoulders left and parallel to the target line.(Pic. 5)



This simple adjustment meant the player was now swinging the club through impact on a more neutral path causing less curve on the ball and therefore straighter shots.

So to summarise, make sure you have the golf ball positioned correctly and check your club and body alignment if you struggle to control your ball flight. Sometimes it's the small things that cause the problems.

I hope this helps. Get out on the practice tee and try it.

If you have any specific questions regarding your golf swing you can email Eddie on eddietraceypga@yahoo.com and he will endeavour to address them in future articles.

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