

Promote Proper Posture

By Dean O'Connell



One of the key areas that I work on with all golfers is their set up, particularly the posture. How you set your body at address really determines what's going to happen during the swing itself. To a large extent the golf swing is about geometry. You set yourself up with good angles to start with and then try to maintain those angles throughout the swing. I see a lot of people set up the golf ball in a position that is not going to allow them to make a good connection with the ball. Their legs are too straight, they are hunching over the ball or their knees are so bent they look like they should be sitting on a seat. So it is very important to get into a good set up position where you can make a good turn on your backswing and on your through swing.

Here is a little exercise that might help you get your posture right. It's called Tilt, Pop, and Drop.

First of all, stand straight up with your feet about shoulder width apart holding your golf club at arms length out in front of your chest. The golf club will be pointing upwards towards the sky. From this position, we 'Tilt'.

This means lean forward from your hips, keeping your knees straight and your back straight. Do this until you feel tension behind your knees. Then we move on to 'Pop'. Once you feel this tension behind your knees, pop them out so they are slightly bent. Your legs should feel quite relaxed as if you are getting ready to hit the dance floor. And finally, once you have your hips and knees in the correct position, we 'Drop'. This is simply drop the hands and arms from their position out in front of your chest until the club head hits the ground. Your hands should now be hanging underneath your chin, and you should feel your body weight roughly through the laces on your shoes.

When you watch professionals you'll notice how all of them have excellent posture. Practice this drill with the assistance of a mirror so you too can look like them. A good posture will really assist in your ball striking. Give it a go - I'm sure it will make a big difference to your game.

