

The Importance of Good Alignment

Proper alignment of your body to the target at address is an essential element of any productive full golf swing, as it encourages a consistent swing path and club face alignment to the target at impact. That said, it is also one of the most commonly misunderstood and under-emphasized aspects of the swing with average golfers. To align yourself properly to a target requires your feet, knees, hips, and shoulders to be positioned PARALLEL to the target line at address, assuming you have approximately average flexibility and are not hampered by injuries. In doing so you will increase the chances your club head will strike the ball at the bottom of the swing arc with the club path and club face in line with the target. To achieve better alignment at your address position on a full swing try this on the practice tee next time:

1. Place a club on the ground directly toward your target.
2. Take a second club and place it on the ground approximately 18" to the left (if right handed) of the target line club.
3. Remove the target line club.
4. Take your stance and position both toes of your shoes equal distance from the club on the ground.
5. Lastly, align your knees to your feet, hips to knees, and shoulders to hips. Then simply take the posture position we outlined previously and you're on your way to more consistent shots.