

Do you align your body parallel left of the target? If you have never heard this, you need to read on. 90-95% of mistakes in the golf swing are caused by faulty alignment. Our goal in the swing is to make a full, free, swing. This gives us maximum club head speed and direction. Think of a lawn swing or playground swing, do these need to have the frame square in order to work properly? Yes! Same is true in the golf swing.

Your subconscious mind, which supplies you with 90% of your golfing knowledge always knows where the target is. If you have faulty alignment, you will try to guide and manipulate the club back to the target, which puts the club somewhat in a bind, and prevents it from swinging freely. It causes tension and inconsistent clubface direction and speed.

To get aligned correctly, start from behind the ball, draw a line on the ground to the target, watch how the line changes as you approach the ball so that you can put your clubface down square to the line. Then you can set your body parallel to the target line (feet, knees, hips, shoulders, eyes).

“Sounds like a lot of work!” Truth is, that like any habit that you create, once the habit is in place, this alignment business is performed automatically, and you are free to “play golf” and not work at it.