



GOLF SWING POSTURE

FREE TRAINING GUIDE

What Is Good Posture For Golf?



Most golfer's perception of good posture for golf, is a perfectly straight back at setup, with your bottom sticking out the head up high and you looking down your nose at the golf ball.

It might be ok for an extremely fit player like Adam Scott. However, this setup is uncomfortable, quite rigid and for most of us, completely unrealistic.



This week's lesson isn't focused on how straight you can keep your back.

Instead, let's study some differences between the setup and impact positions.

The majority of golf professionals are very rotated towards the target. However, they're generally very good at maintaining spine angle through impact.



Unfortunately, the opposite is often true of amateur golfers' impact positions. Here is a typical difference between setup and impact - hardly any rotation towards the target but a big change in spine angle.

The trunk has lifted significantly and the hips have drifted towards the golf ball.

This is known as 'Loss of Posture'.



Why is this so often the case? Is it an issue?

The fact is, it takes some effort to learn how to maintain spine angle through impact. It's much easier to stand up through the shot, than it is to turn through and 'underneath'.

Loss of posture causes inconsistencies in ball striking and accuracy, as compensations need to be made.



Maintaining Spine Angle



The first step is to gain a feel for a better, more powerful impact position. This drill or stretch helps you 'feel' that improved posture.

Take a mid-iron and hold it horizontally, in front of your shoulders. Hold the end of the grip in your trail hand. The shaft should be 'sticking' out to your trail side, with the clubface pointing in front of you.



Set up to a golf ball and whilst holding the club against your shoulders, turn back and through, as though you would in the golf swing.

The big difference here though, is that you're going to point the clubhead directly to the golf ball.

You should feel a good stretch and the clubhead will face the target.



If you lose posture during the backswing or downswing, the club's shaft won't point to the golf ball! It will drift up significantly, as your shoulder plane flattens out. This is what many of us do during the actual golf swing - not ideal.

This is often the beginning of inconsistencies, as we make several manipulations just to hit the ball.



Only by rotating the hips away from the golf ball and maintaining posture can we successfully achieve the desired pose and stretch that this drill is designed to create.

It will feel very strange and quite challenging to start but take it slowly and persevere. You're training yourself to 'feel' this more effective impact position.



Why Heading 3



What this drill is also helping you achieve, is more space at impact. If you maintain spine angle through impact, the hips must move away from the golf ball. This is a powerful move and great for freeing up the golf swing. This enhances ball striking and swing consistency.



Don't expect your back to be perfectly straight at impact. As you rotate your body, whilst maintaining spine angle, you're also creating some side bend away from the target. Notice how the trail arm is slightly flexed at impact, as the trail shoulder moves underneath the lead shoulder.



Here's a bonus swing thought, which can help you achieve an improved spine angle. As you swing into your finish pose, maintain a small amount of tilt of both your spine and head. A typical finish with square shoulders or loss of balance, is often as a result of early extension or 'spinning out'.



Of course, the golf swing is not just about posture and spine angle. A good 'plane' of the club's shaft in the downswing is also vital for quality ball striking, clubface control and consistency. Be sure to check out Aussie Golf Pros' video on the virtues of the 'shallow club shaft'.



THANK YOU



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Steve and Glen are here to help you
make the most of your golf game.

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