



GOLF LESSONS FOR WOMEN ALIGNMENT

FREE TRAINING GUIDE

Poor Alignment



Poor alignment is a huge issue for club golfers, particularly women. Typically, the most common fault is for the player to align the body to the right (for right-handers). This is what is known as a '**Closed Stance**' and the technical problems which can arise from this are numerous!



We estimate the around 80% of women golfers have a tendency to setup with a closed stance. This issue isn't restricted to women though. Many men also struggle with alignment. The fact is, aligning to a target from side on accurately, is a difficult and challenging task!



The first and probably biggest issue for women playing golf from a closed stance, is the affect on ball position.

Golfers become fooled by the optical illusion. They think the ball is positioned in the middle or slightly forward of centre. In reality, shots are really being played from well back in the stance.



This makes it difficult for any golfer to fly the golf ball in the air. The clubface is closed and shots are often smothered into the ground.

Of course, there are directional problems too. A well-played shot will travel to the right of the target. Golfers tend to compensate after doing this a few times, but at what cost?



Technical Issues



The takeaway is often adversely affected by playing with a closed stance.

The golfer will tend to drag the club behind the body too much, resulting in loss of accuracy, control and power.



Other players pick the golf club up sharply, in an effort to play the shot towards the target.

This creates a steep action, with little to no rotation. Once again, control and power are adversely affected.



Another common problem is the 'Over the Top' move in the transition from the backswing to the downswing. This move is a real swing killer, from which, any golfer will struggle to recover.

Pulled shots and big slices are the common results of this dreaded habit.



Glen demonstrates this chip shot from a closed stance, with a wedge. See how low the ball flight is, due to the ball position being played off his back foot. This position causes a steep angle of attack into the golf ball, challenging consistency and optimal trajectory.



Aligning Parallel



To correct a closed stance, an alignment aid is recommended when practising, particularly with shorter shots initially.

Notice that the alignment stick along Glen's toes is aiming to the left of the flag. This is known as 'Parallel Left' or 'Parallel Right' for left-handers.



It's normal to feel 'open' or aligned left for right-handed golfers, but it is essential to accept this setup as parallel to the target.

In fact, Glen feels the same 'open' setup for all his shots. On the golf course, he aligns his feet to the left side of the fairway, from his point of view.



Improved alignment makes the ball position more manageable. It becomes much easier to gain more height on all of your shots, from a chip right through to the driver.

The clubface is squarer and you are no longer closing the clubface and delofting your clubs.



Finally, rotation is improved dramatically. It is very difficult to turn through towards the target from a closed position.

From a parallel setup, the hips and torso are opened up and you can swing more freely through the shot. This is true for both short and long golf swings.



THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

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

Your feedback is greatly appreciated.

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or just want to say **G'day**,

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