



DRIVER SETUP FUNDAMENTALS

GOLF DRIVING TRAINING GUIDE

Tee Height



The ideal tee height for your driver is more important than you might think.

To be more consistent with how high you tee up your golf ball, it makes sense to use a tee with a step or guide. This is a Bugle Tee, which has ring around the stem to ensure consistent tee height.



An excellent starting point, is to tee your golf ball up, so that half of it is above the top of your driver, as it rests on the ground.

This is a good balance - low enough that you don't swing your driver underneath the ball and high enough to promote an upward angle of attack.



Your goal through impact should be to knock the tee out of the ground, without touching the grass.

If your tee height is optimal for you, this provides the best opportunity for solid contact.

If you touch the ground, clubhead speed will be reduced. If you don't move the tee, contact is too low on the clubface.



Everyone swings differently and this is purely a guide. Ultimately, you should react to your strike pattern, when deciding upon your ideal tee height.

Using a foot powder spray or dry shampoo, gain some quality feedback on your strike point on the clubface. Simply adjust your tee height accordingly, to assist you in finding the sweetspot more often.



Clubhead Position



This is the most orthodox position, in which to place your driver clubhead behind the golf ball in your address position. It is widely accepted to be the best starting point for your driver, before starting your takeaway. However, in our experience, most golfers would be much better off with a small adjustment.



Most golfers prefer to 'rest' the driver on the ground before the takeaway. Therefore, the driver needs to be slightly elevated at impact to miss the grass. This movement can also move the clubhead away from you, due to the angle of the shaft of the club. This will cause a 'heel' strike on the clubface.



Heel strikes cause massive loss of golf ball speed and also impart 'slice' or 'cut' spin on the ball. In order to give yourself the best opportunity to strike the golf ball from the sweetspot, try resting the driver slightly inside the ball, to set up adjacent to the 'toe' of your driver.



As you swing through impact with your clubhead raised off the ground, it will ideally be in a much better position and therefore, a more central strike. Another thing to bear in mind is that your driver is likely the longest club in your bag, so make sure you have enough room to swing it freely!



Ball Position



The ball position when hitting your driver, should be more forward in your stance, than with any other golf club. A ball position opposite your lead heel promotes an upward 'angle of attack' for the clubhead as it strikes the golf ball. This improves your launch angle to promote a high trajectory, with low back spin.



The 'long drive' contestants play the ball outside their lead foot to max out their launch conditions. We see some club golfers try this, generally with disastrous results. Unfortunately, accuracy and consistency are severely compromised. Not too much of a problem for the long drivers but a real issue for you!



The forward ball position helps promote a backward spine angle and positions you well behind the golf ball. Your lead shoulder should be quite substantially higher than your trail shoulder. This is an excellent position from which, to swing more freely and rotate through more easily.



Notice how Glen is still well behind the golf ball at impact. This promotes that upward 'angle of attack' and ideal launch conditions. His head is positioned about 6 inches behind the golf ball in the setup and throughout the golf swing. Stay behind the ball, for more speed and distance.



Body Alignment



However, moving the golf ball forward in your stance can have a negative effect if your alignment is affected.

A word of warning: As you move your ball forward, so might your shoulder alignment become too 'open'. This is very common with amateur golfers.



With the shoulders aligned 'open', this often promotes an 'out-to-in' swing path. Only 2 shots are possible in this scenario: the 'pulled' shot straight left or the dreaded slice to the right! (right-hander) For straighter shots, you should ideally produce a 'neutral' swing path, straighter towards your target.



Here's how to ensure better alignment with your shoulders and upper body, even with a forward ball position.

Extend your lead arm straight and allow your trail arm to be softer with some flex to it. Apart from assisting with shoulder alignment, tucking the trail elbow in has several benefits for swing mechanics.



Consistency begins with a sound and consistent setup. Of course, you will see some Tour Professionals and other elite golfers with slight variations in setup, as they play for a fade or a draw. To give yourself the best chance to drive the ball straighter and further, setup with your feet, knees, hip and shoulders all parallel to your target line.



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.

If you love our content, have a question,
or just want to say '**G'day**'

please go to our YouTube channel to comment.

