



**DISTANCE FROM
THE GOLF BALL**

**SETUP
TRAINING
GUIDE**

Golf Setup Position



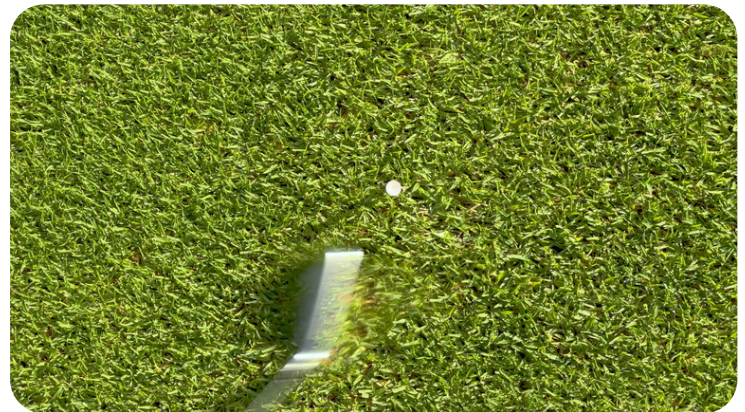
There is a recognised and fairly orthodox method of working out how close to the golf ball to stand. Once in the golf setup position, measure the space between the top of your golf club and your legs. Some coaches suggest this space should be the size of your hand span.



However, this method is quite generic and might not suit everyone. Even on Tour, we see massive variances in setup and golf swing techniques. Moe Norman was considered to be one of the best ball strikers of his era and setup a very long way from the golf ball.



Here is a unique method, a golf setup Hack, if you like, which can help you determine your ideal ball position. The great aspect of this drill, is that you can utilise it for any golf club in your bag and it is designed to work for any golfer. Beginners to Tour Pro's can all use this Golf Setup Hack!



Push a tee into the ground, at a slight angle towards you, to match the angle of the shaft of the golf club you are using. Next, take practice swings, attempting to miss the tee. Easy? The challenge is, trying to brush the grass next to the tee, without chunking into the turf.

Golf Setup Hack



It gets more challenging. You need to be able to brush the grass, either side of the tee, without changing your stance!

This is not only a drill, which is ideal for determining the ideal position for your feet. It is also an exercise for developing clubhead awareness and control.



When addressing the golf ball, if you are standing too close for this drill, then you will likely feel cramped with attempting to brush the grass on the inside of the tee.

You will probably be fine, clipping the turf outside of the tee but might chunk the ground on the inside.



Conversely, if you are standing too far away from the tee, then you won't have much trouble brushing the grass to the inside of the tee. However, you will be reaching for the outside of the tee and will probably swing consistently above the grass. Adjust your setup accordingly.



Determine your ideal distance from the golf ball, by successfully clipping the grass either side of the tee. This position of your feet gives you the best opportunity to hit your shots out of the sweetspot more often. This is a vital step towards achieving consistency, right through your bag.

Setup Routine



Once you have performed the drill successfully, with several clubs, you still need a solid pre-shot routine, to help you find your ideal setup consistently. Any good pre-shot routine begins with a look from behind the golf ball. Visualise your ball flying towards your target and then step in.



The next part of your routine is critical. You simply must take your setup, by placing your clubhead behind the golf ball first! This way, you can use the length of your club to help you find that proper distance from the golf ball, specifically for you!



Most amateur golfers take their grip or stance first. Inevitably, adjustments will need to be made, depending upon the length of the club being hit. Inconsistencies of setup are the result. Now that you're in your ideal setup, waggle the club to release any tension and you're ready to pull the trigger.



Another great benefit of a sound pre-shot routine, is improved alignment and increased confidence. Everyone wants to improve their consistency on the golf course. Two of the biggest advantages professionals have over amateur golfers are a consistent setup and the ability to find the sweetspot more often.

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.

