

INSTANT PERSONAL GOLF LESSONS

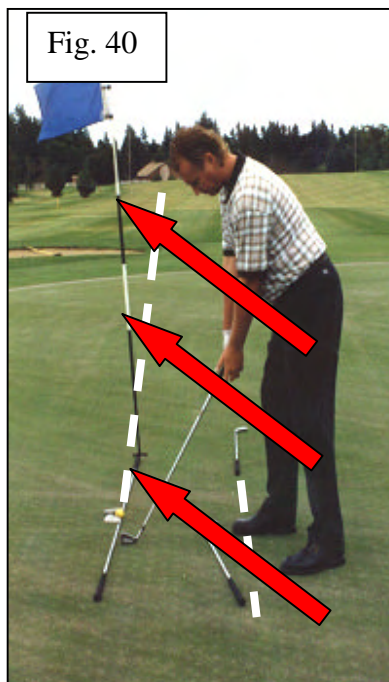
NEVER PLACE YOUR RIGHT FOOT FIRST

DO NOT address the ball by setting your right foot down first. This will set your hips and shoulders in a closed position. Your hips, shoulders, knees and feet will be aimed left of a line parallel to the target line. As in Fig. 40, you will be lined up to the left trying to hit the ball towards your target which will be right of your body alignment. This bad alignment (right hip blocking the forward swing) will cause numerous problems. Swinging from the top, pulling the ball right, enhancing a slice and a strain on the body is just a few.

Always place your left foot first. This goes for a full shot, chipping and putting.

You can test this for yourself. Pick out a target and then take your stance by placing your right foot first. Bend over and place a club across your toes. Step back and see if your toe line is parallel to your clubface line and right of your target by the length of the club you are using. Or is the toe line club on the ground pointing left of your original target putting your stance in a closed

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position? Now do the same thing placing your left foot first at address. Your clubface should be in line with the target line and your toe line right of the target, parallel to the clubface line.

Here is an exception:

Address the ball with *your feet together* side by side. This will line up your hips and shoulders parallel to the ball and your target. From this position only with your feet together and your hips in line right of your target, place your right foot first and then your left foot.