

## INSTANT PERSONAL GOLF LESSONS

### NEVER PLACE YOUR LEFT FOOT FIRST

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

Always place your right 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 left 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 left of your target by the length of the club you are using. Or is the toe line club on the ground pointing right of your original target putting your stance in a closed

BY DALE MCNALL

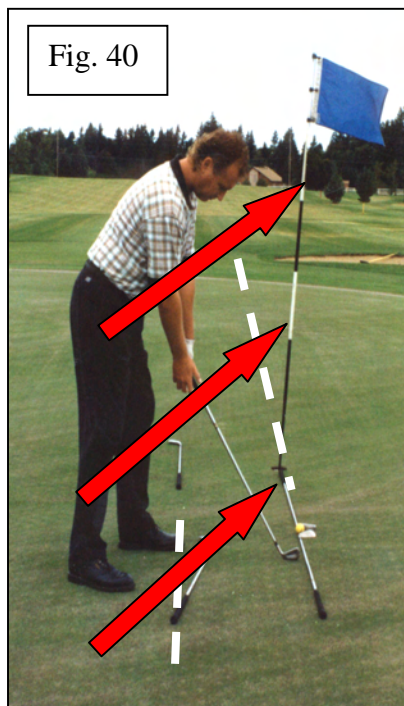


Fig. 40

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

COPYRIGHT 2000