

Where's THE BALL?

Positioning the ball correctly in the stance and set-up is a simple way to cure bad habits in your game. It's just question of whether the ball is too far forward or too far back in the stance.



Too far forward

If the ball is too far forward in the stance its flight will be higher than normal and your swing path will generally be 'out-to-in' with your shoulders aiming left. Having the ball too far forward in your stance or set-up will also typically result in a pulled shot if the clubface is closed, and a slice if the clubface is open.



Too far back

If the ball is too far back, your shoulders will generally aim out to the right. The swing path will be 'in-to-out' with the ball flight generally being very low. The shot shape will typically be a push to the right with a square clubface and a hook to the left with a closed clubface.



The correct position

Ideally, the ball should be aligned with the inside of the left foot, which will allow the shoulders to aim straight. Your swing path will then be on a naturally straight line and this will also help with consistency in the ball flight. With a square clubface the ball will go straight, so make sure you align the ball on the inside of your left foot! ●



ROB VAN VELZEN joined the PGA of SA in 1985 as the resident professional at Benoni Lake GC and was recently appointed as director of golf. Rob has also served as the chairman of the Gauteng arm of the PGA of SA and was voted as the Club Professional of the Year for 2006 at the annual *Compleat Golfer Awards Dinner*.
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