

Ball Position - Full Swing

[by Bob Menzies, PGA Professional](#)

Ball position is a very critical pre-swing fundamental, as it consequently plays a significant role in our golf swings! For most of us, to position the ball directly off of our left heel/arm pit area, for the Driver/1 Wood, would be ideal. Then, to move the ball position back, respectively, towards the center of our stance, as the clubs get shorter, (7, 8, 9 irons, for example) would be recommended.

Additionally, depending upon the lie of our ball -- one that is sitting up in the rough for example -- we would want to play the ball more forward in our stance, closer towards our left foot. Conversely, a lie that has our ball sitting down -- on a tighter lie (hardpan) -- we would want to play the ball more towards our right foot.

Granted, we all have different swing tendencies -- as far as the shape of our swing is concerned. We all approach the ball, on our downswing, a little differently. That having been said, we would want our ball to be positioned correctly in our stance -- to help us perform better. For those of you that either slice or pull the ball, I would safely bet that your ball is positioned too far forward in your stance, closer towards your left heel, which is not helping your overall shot making. If you fall into that category, and do slice or pull shots, try moving the ball back in your stance, to a more centered position. Initially, try hitting some balls like this, with whatever club you like, and see what happens. It should help promote (but by no means guarantee) a better swing shape for you -- where the clubhead will be approaching more from the "inside" of your target line on the downswing - and encouraging a more "inside-out" type of swing shape. Just don't forget to "release" the clubhead through the hitting zone - impact - to square up the clubface.

Perhaps now you can hit that draw you always wanted?!