

Impact

by [Bob Menzies, PGA Professional](#)

THIS IS THE MOST CRITICAL POSITION IN THE GOLF SWING!

If you were to look at the impact positions of all the great ball strikers on any professional Tour, you would notice that they all share the following common traits of what a good impact position should be like: their body weight predominantly on the forward leg (left leg for a right-handed player), the right foot/heel rolling inward (and also being slightly elevated) towards the target - and with an emphasis of the weight on the right foot being more on the "big toe". Additionally, other proper impact positions would include: both arms being extended (with the elbows close together and pointing downward -- towards each hip), the back of the left wrist being straight and in-line with left forearm, both hands slightly in front of (or even with) the clubhead. And last but not least, the hips should be open approximately 45 degrees, along with the shoulders being square -- or just slightly open - in relation to the target line.

At the precise moment of impact, the clubhead is traveling along the target line - not moving left, or right - not "cutting across" the target line. On the downswing -- in a perfect golf swing - the clubhead is approaching the golf ball slightly from the inside of the target line. From there, the clubhead then hits the ball (hopefully with a square clubface!), a divot is then taken after the ball has been struck, and then the clubhead begins to move back to the inside of the target line, and a nice finish position can then result. Plus, to be into a better impact position, the clubhead needs to approach the ball from the proper angle of decent -- not too steep (Ferris wheel analogy) and not too shallow (baseball swing analogy). The golf swing is a circle, in a sense, but on a tilted plane, somewhat in-between the two given scenarios just mentioned. When all these factors occur, this will certainly increase the chances of hitting the most solid golf shots - which shall also increase the odds of hitting more shots in the center of the clubface. Moreover, to obtain the optimal impact position, the clubhead should be moving at the most obtainable speed - certainly without over-swinging.

Probably the best teaching aid available to help improve impact positions is called an "Impact Bag". When taking your next lesson, be sure to ask your instructor if he or she has an "Impact Bag" that you can try! It will certainly help to put you into better positions!