

Posture

by [Bob Menzies, PGA Professional](#)

Setting up correctly to the golf ball, over every shot, is critical. If we fail to obtain correct posture at address, then we are not giving ourselves the best chance to hit the best possible golf shot. If you notice that at address, with your feet specifically, that your weight is getting either too much on your toes or heels, then you will turn your hips and shoulders incorrectly; consequently, swinging the club on an incorrect path/plane, and hitting the ball either off the toe or heel of the clubface, resulting in miss-hit or off-line shots. I always advise using a mirror to check your address (posture) position. Videotaping yourself is another great way to check this position.

With proper posture, your back (spine) should be straight, but tilted forward, from your hip joints, and NOT from your back/waist itself. How much tilt depends on the club you are using at that moment. For example, your spine would be slightly more tilted with a short iron (simply due to the length of the club) than it would be with a Driver/1 Wood. However, that difference is minimal.

** Envisioning a TOUR player with great posture, such as Tiger Woods, will help your quest in obtaining proper posture **