

Stance

[by Bob Menzies, PGA Professional](#)

Generally speaking, the width of your shoulders should determine the distance that your feet are placed - this would be your stance at address. Typically, shoulder wide (or even slightly wider than that) would be the proper width of stance for your driver and your longer shafted clubs. Consequently, your stance would be slightly narrower for your shorter shafted clubs.

For most of us, at address, our right foot should be placed perpendicular to our target line. Our left foot should be angled comfortably outward - toward the target - about 30 degrees. If the left foot is turned outward too much, it will restrict your ability to fully turn your hips and shoulders during the backswing. Additionally, if the left foot is turned outward too much, it will usually allow for the left leg to drift too far forward in the downswing, encouraging pushes and hooks. If you think your left foot is angled outward too much, then try hitting some balls with your left foot perpendicular to your target line, and see what happens.

You may certainly adjust your stance to accommodate various swing tendencies: A wide stance is not ideal for a golfer who has difficulty shifting their weight to their right side during the backswing. Moreover, a narrower stance should be used by the golfer who overswings - where the club moves beyond parallel at the top of their backswing. The narrower stance will help to minimize the extent of their arm swing.

** Keep in mind that your stance (the placement of your feet at address) makes NO reference to aim - your shoulder line at address will make the biggest reference to aim **