

Professional Golf Tips: Check your stance

by Tina_Mickelson

It seems that players are always looking to get more distance off the tee. If this sounds like you, the first thing you are going to want to check is your stance. Many of my students set up to their driver with a stance that is way too narrow and can't understand why they don't hit their driver very far. But if they over-correct and widen their stance too much, they run the risk of inhibiting their backswing and shoulder turn, which results in mis-hits. Here is an easy and accurate way to determine a good width for your stance:

1. Take your address position with your driver. Without moving your feet, hold the grip end of your driver at your right shoulder and let the club hang freely. The club should hang down just inside your right foot.
2. Repeat this with your left foot. The club should hang just inside your left foot. Sometimes players think they are in a good position in their set up when they are not. This is an easy and accurate way to check yourself and ensure that your stance is the correct distance, setting you up for better drives off the tee.

Professional Golf Tips: Check your stance by Tina_Mickelson