

### 1 What is good balance?

The Oxford English Dictionary defines balance as *An even distribution of weight enabling someone or something to remain upright and steady*. It's hard to better that, but the golfer should see good balance as when the whole of the foot is in the floor, weight evenly spread between heel-to-toe and left-to-right. Some coaches favour weight back for driver; instead, let ball position take care of attack angle and leave your balance uncompromised.

### 2 How to find balance

Take your regular address position. Now swing to the top and hold your position. At this point place your attention on your balance and adjust it to feel as solid as possible, looking to feel your weight under the arches of your feet. From here, work the club slowly back down to address and retake your set-up. This represents your perfect balance. You might find the distance you are standing from the ball has changed; use this new position going forward.

### 3 Let balance govern distance from ball

Most drills for ascertaining how far you should stand from the ball work from the ball back from the feet. It's a dangerous route as it can encourage you to swing from an unbalanced position. Instead, work through the drill in point two and let your balance point dictate distance from the ball. This way round, you guarantee the stable base that promotes optimised speed and consistency.

### 4 Angle your feet to optimise your action

The more the feet are splayed, the more you encourage core rotation. Hypermobile golfers – often women and youngsters – can square their feet more to control rotation. The less flexible or bigger-built golfer should consider a little extra splaying. Either way, angle the feet evenly to promote rotation on both sides of the ball. This also helps square up the pelvis, encouraging better alignment.

### 5 A guide to find the right stance width

A wider stance encourages stability but sacrifices mobility; with a narrow stance, that's reversed. For the best compromise, stand to the ball so the outsides of your shoulders are over the outsides of your feet. This width gives you a blend that works for the majority of shots, through you can go slightly wider for the bigger, more aggressive driver swing and slightly narrower when it comes to playing shots with 8-PW.

# DRIVING Balancing act

Good foot positioning prepares you to move properly throughout the golf swing. Follow these steps to find it

**Fault:** Underpowered shots, inconsistent striking and loss of balance during the swing.

**Fix:** Re-position your feet for optimal balance, movement and speed.

With every power golf swing we make, our ultimate goal is to move the club in balance and at speed. It helps, then, if we are balanced ourselves. When we swing from a balanced platform we can optimise the club's

speed and performance, delivering a stable sweetspot to the ball; in contrast, an off-balance swing means a more manipulated impact, lower speeds and inconsistent strikes.

Here, you'll learn how to find great balance, plus several more footwork keys that will improve your game. Foot position is something even elite players need to continually address, so make these tips a regular part of your set-up checklist.

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