

Proper Alignment

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Good fundamentals are the key to consistent golf. One of the most important fundamentals is alignment. A good quote that I read from Butch Harmon was “let’s face it; if you aim at nothing, you’re going to hit it every time”. Well, if you aim at the wrong thing, you’ll probably hit that too.

One of the most common mistakes is aligning the body at the target. I have seen many golfers take a club, rest it in front of their hips or shoulders to make sure it is pointing at the target. This, however, actually leads to the golfer aiming the club to the right of the target. Then, the golfer needs to swing the club across the target line or “over the top” to get the ball to fly to the intended target. As we all know, swinging across the target line or “over the top” can lead to mis-hit shots or shots missed in any direction.

A golfer’s feet, hips, and shoulders should be aligned parallel to the left of the target. An easy way to accomplish this is to imagine that the ball and your feet are on a set of railroad tracks. The rail that the ball is on keeps going directly to the target. The rail that you feet are on goes slightly to the left of the target.



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Body Line Target Line

Now you can just swing the club down the target line and hit it right at your target “*every time*”.