

## How to Correctly Balance & Align Your Body Towards the Target When Addressing the Golf Ball

One of the fundamentals of a good golf swing is for your body to be correctly balanced and aligned to your target and doing this properly is a skill that will definitely improve your golf by a few shots every round. There are various methods that are used by people around the world to line up accurately. Some people believe you should put a golf club down on the ground, making sure that it is pointing towards your target and then lining your feet up along the shaft before hitting the ball. Other people stand as they usually would when addressing the golf ball and try to visually align their feet to the target. Neither of these methods work very well. I decided to do some research on this particular topic and this is what I discovered. The best way to balance and align your body correctly consists of the following steps. Step 1: Stand where you normally do when addressing the ball, upright and in a comfortable position. Hold your club with your left hand (assuming you are right-handed) and let your left arm hang at your side. Look at the head of the club resting on the ground and ensure that it is perpendicular to your body. Doing this helps you to correctly align the club in your hands. Step 2: Place your right hand on the grip and hold the club ready to hit the ball. Step 3: Take your hind foot and place it in the middle of your stance, leaning forward slightly, and place your front foot behind the back foot. You should be standing perpendicular to the line between the ball and the target with the golf ball directly in front of your toe. Step 4: With your arms hanging straight down place the club head behind the ball. The ball should be in the centre of the club face and you shouldn't be stretching to reach the ball. If you are, then move your feet slightly forward or backward to reach this position. Test this by dropping one of your hands from your grip. If it swings backward you are stretching to reach the ball and should move closer and visa versa. Your feet should still be in the middle of your stance, one behind the other. Step 5: This is the most important step of the whole routine and where the amazing power of your brain comes into play. Staying in the same position as you were, one foot behind the other, stand up slightly straighter and look at your target. Then, without taking your eyes off the target (You must not look down at the ball while doing this), move your feet a shoulder width apart into a golf stance position until you feel comfortable. Your brain will balance and line your body up perfectly towards your target. It will automatically take all your surrounding circumstances into account and make the necessary adjustments to put your body in a balanced position and align your feet to point directly towards the target. All that's left to do is hit the ball, but that is an issue for another day.

### About the Author

Jakobus Nel is the owner and editor of a successful golf instructional website. To find more lessons and techniques like the one above, please click here: <http://www.thegolflesson.co.za>

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