

Straight Ahead

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“Address For Success!”

If you are dreaming of lowering your scores, learning the correct ***Address Position*** can turn that dream into a reality.

To successfully deal with every conceivable shot you could be faced with in a round, this area will become like a best friend. You will be able to count on it, shot after shot, round after round.

If I've said it once, I've said it a million times, "If your goal is to become more consistent, you will need to learn the correct setup. Utilize that same setup for every shot and golf can be a lot of fun.

All good golfers know how important this area is. Golfers who are constantly striving to find other ways to improve, but fail to focus on the preparation that takes place **before** the swing even begins, will have a fairly difficult time reaching their goals. Your golf swing and ball-flight are linked to your ***Address Position***. It is very difficult to consistently hit good shots from a bad starting point. Here is what the correct ***Address Position*** will allow you to do:

- It will place you and the club in the correct relationship to your target area.
- It will place you in a position that will allow you to swing freely, shot after shot.
- It will provide peace of mind.

In past articles, I have stressed the importance of knowing the ***Address Position***. For those of you who are familiar with my teaching methods, this will be a good review. To know that you are still implementing all components in the correct order and fashion, can be a definite advantage. For new readers, this could be a great starting point. It will allow you to get on track, **before** bad habits develop.

OK, here is the **Address Position**. These 6 important steps, when done in this sequence, will pave the way to a better golf game. Here we go!

1. **Establish your target line:** Pick a realistic target. I like to think of this as picking a "target area". Deciding on an area that is just too small and unrealistic creates tension. Tension leads to inconsistency.
2. **Place the front foot ("A" Foot, closest to target) a clubhead's length (hosel to toe) in front of the ball:**
(A right-handed golfer will place their left foot to the left of the ball.) You will want to point this toe out to 11 o'clock. (12 o'clock is toes straight out.) (*same for all clubs)
3. **Position the back foot ("B" Foot) to 12 o'clock and adjust this foot to a position that sets the desired width for the club you are using as follows:**
Driver to 4 iron: (widest span) Your shoulder width should fit just inside your stance.
5 to 7 irons: (medium span) Your shoulder width should line up with the middle of your feet.
8 iron to wedges: (narrowest span) You will want the width of your shoulders to line up with the outside of your feet.
You will only be adjusting the back foot. You will want to maintain the relationship between the ball and the front ("A") foot. It is a constant! This is essential if you want consistency.
4. **Set your posture:** Flex the knees slightly. It is essential for you to make sure that you do not overdo this. You cannot move efficiently and quietly from a "squatty" position. We want our arms to hang naturally. The distance that most golfers position themselves from the ball is often an area of concern. The majority of golfers I see are just too far from the ball. An observation of the better golfer will demonstrate that, at address, they stand closer to the ball than the beginner or average player. Jim Furyk is a prime example of a golfer who achieves this position.
(Because golf becomes even more difficult when too much information is given at once, I will go into the finer details of

this area in a future session. For now, let us keep things as simple as possible. Short & sweet!)

5. **Aim your clubface:** At this stage we now will line up the leading edge of the clubface so that it is perpendicular to the target line. This can prove to be a challenge, so if you cannot determine where the clubface is aimed, you may need to have someone help you with this aspect of your setup.
6. **Take your grip:** The three most common grips are the overlapping, the interlocking and the 10 finger (baseball) grip. There are also those who prefer to grip in a cross-handed style. As mentioned before, in a future session, we will go into the finer points of each grip. The one concept that I would like to reiterate is the importance of establishing and maintaining a light grip. A grip that is too tight or fluctuates in pressure during a swing or at different points in a round can quickly become a game-wrecker!

We will elaborate on each of the 6 areas of The ***Address Position*** in future articles. We will put each area under a microscope! Building a sound ***Address Position*** or changing from your current setup to a new one, can prove to be challenging. I encourage you to be patient. Sometimes words can only say so much. Some fundamentals do not translate well. I encourage the inquisitive golfer to contact me for a lesson or series of lessons if they are sort of getting the drift, but not totally clear. There will be a marked improvement in your golf swing even by simply building a better ***Address Position***. Often, there is also the real fear of change. It seems to go hand in hand with golf instruction. All golfers possess their own unique strengths, flexibility limitations and nervous system traits. Because of these factors, I approach each golfer in a special and personalized manner. We are all different and that requires an individualized approach.

If you have any questions regarding the areas we have discussed today, you can contact me at 613-885-9883 or by email at northstring@gmail.com.

Until Next Time...**Straight Ahead!**