

HOW TO

Find the Right Stance Width

This easy balance check allows you to swing on plane with every club

This story is for you if...

- You never feel balanced.
- You grip the club different every time.
- You have difficulty aiming the clubface.

At this stance width, my left hand turns in more than my right. I'm out of balance, with my weight distributed between the toes of my right foot and the heel of my left. This sets me up for an outside-in swing and a potential slice.



At this stance width (exactly three inches narrower than the one pictured at far left), my arms hang exactly the same. My weight is balanced between the balls of both feet, placing me in the best position to swing the club on plane.



Check This!

STAND straight up in front of a full-length mirror with your feet together. Note how your hands hang at your sides. Next, spread your feet three inches apart, and note your hand position again. Keep taking wider stances at three-inch intervals until your feet are just outside your shoulders, checking your hand position at each stance width.

What You're Looking For

Research shows that when you're perfectly balanced, your hands hang at your sides the same way (one hand will rotate toward your body more than the other when you're out of balance). This balanced/imbalance state changes every time you widen or narrow your stance three inches.

How to Find the Correct Stance Width

Place a yardstick at your feet and perform the drill again, and mark the widths that allow your hands and arms to hang exactly the same. At the very least, find three of these perfectly balanced stance widths: one for your wedges, one for your mid-irons and one for your driver. Use the yardstick as a guide to set your stance width when you practice on the range. Starting from a balanced address gives you a better chance of swinging on plane and gripping the club without undue hand rotation so your can set your clubface square at address. This holds true from putter all the way through driver. ■

TOP 100 TEACHER

David Wright, Ph.D.
Mind Under Par
Golf Schools.
Mission Viejo, Calif.

