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THE GOLF COURSE ADDRESS

**CHECK YOUR ARM
HANG TO GROOVE
A GOOD SET-UP**

Hanging Truths

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Top 100 Teacher,
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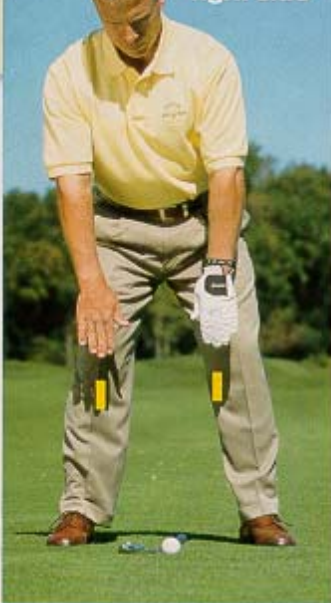
Take your normal set-up, then let the club drop to the ground to check your arm hang

Many of golf's most common faults could be avoided if players began from a better address position. Want to get that slice under control, or turn your hook into a draw? The key to improvement is in your set-up. And one great way to check your set-up is by "reading" your arm hang for three of the main address components: weight distribution, posture, and alignment of the shoulders and feet.

Here's how: Standing in front of a full-length mirror, or with a friend acting as an observer, take your normal address position (left), then let the club drop from your hands. Now, using the following guide, you're ready to check your arm hang and these address keys.

continued

Weight favors right side



Weight Distribution

For full shots, your weight should favor your right side, with your spine tilting slightly away from the target. This allows the upper body to coil over the right leg during the backswing, setting up the correct weight transfer to the left side on the downswing. You know you are in this position if, when viewed straight-on, your right hand is hanging directly in front of your right knee, and your left hand is hanging slightly inside of your left knee (as pictured above).

Many golfers tilt the upper body toward the target at address, their weight favoring the left leg. You have this fault if your right hand hangs inside of your right knee and your left hand is directly in front of your left knee. This encourages a weak, reverse-pivot weight shift.



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Posture and Alignment

The main photo below provides the best look at the other two components of the address: posture and alignment. Good posture, measured by the correct amount of hip bend at address, is a must for a controlled, powerful swing.

Viewed from behind, your arms should hang on a line extending slightly in front of your toes (large photo, below). Poor posture takes one of two forms: if the arms are hanging on a line that points in back of the toes (even touching your thighs), it means you are too upright and need to bend more from the hips; if your arms hang well out in front of the toes, approaching the target line, you are bending over too far.

As for alignment, your shoulders and feet should be parallel to the target line at address. Looking from behind and down the target line as before, the arms should hang evenly, with the right arm nearly obscuring the view of the left (below). That's proof that the shoulders are aligned correctly.

Open shoulders often lead to a slice. You see that your shoulders are open—and usually your feet, as well—if the right arm is hanging closer to the target line than the left (inset, below). Closed shoulders at address usually lead to a hook, which is indicated by the left arm hanging closer to the target line than the right.



Arms hang just in front of toes

FAULT

Shoulders too open