



Distance from Ball

Now that your body and clubhead are in the proper alignment, let's continue with the set-up routine. Where you stand in relation to the ball is critical to a successful shot. Being too close or too far away from the ball will not give you the result you want.

1) Begin by developing the proper spine angle. You don't want to be too upright or too crouched over. *One of the easiest and best ways to develop the proper spine position and distance from the ball is to stand straight, take a deep breath, and pretend you are about to sit down on the edge of a high stool that is a couple of inches beneath you.*

You will notice that you are bent over from the hips and there is a slight bend to your knees. Your weight is slightly more on the balls and middle part of your feet — not on the toes or heels. Your spine is straight from the back of your neck to the tailbone.

2) For most golfers, a check to determine the correct distance from the ball is obtained when the top of the club's handle is about a *hand's width away from the body*. You should be able to make a fist and move your fist across your body, lightly touching your body and the top of the club shaft. However, if you have a large build, the distance between your fist and body may be several inches.

3) *Most importantly, though, when you grip the club, your hands are in a position where they are hanging down naturally in front of your body* — neither too far stretched out nor cramped in against your body.