



Golf Tip of the Month

By Mike Fromuth, CSQ PGA Professional

One of the biggest faults I find with most golfers is the width of their stance. Most golfers tend to have their feet too close together. This can lead to a multitude of problems with balance and consequently proper weight shift/transfer in the golf swing.

At some point we have all heard that our feet should be shoulder width apart. The correct way to say this is the distance between our heels should be shoulder width. An easy way to check this is to take a club, hold it across your chest and measure the width of your shoulders. Mark the distance with your fingers (or have someone assist you) and then lower the club to the ground. This will serve as a guideline in setting up your feet so that you obtain the correct distance between your feet in your set-up.

Next time you are watching golf on TV check the Pros out (especially Tiger, Ernie Els and Phil) to see how wide they have set their feet, especially on full shots. I find that people with stances that are too narrow set up with too much weight on their left side, and never fully rotate and shift onto the right side during the backswing. This will cause you to lose power and may even result in a reverse weight shift during the swing.

Give the tip I mentioned earlier a try the next time you go out to practice. Set a club across your shoulders, and mark the width of your shoulders with your fingers. Then without moving your fingers, place the club down at your feet. Your insteps should match up with the distance of your fingers, if not you will want to work on widening your stance to achieve this.

Providing a solid foundation for your swing should lead to better balance, and more powerful and consistent shots. If you need a hand assessing this, or any other aspect of your game, please call or visit us at the Crystal Springs Quarry Golf Center at (314) 514-0154.