

Institute of Golf
instructor
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Perfect Posture



If you want to maximise the power and distance you're getting on every shot it's imperative you set up with the correct posture at address. If you don't, you'll have a hard time keeping the club on the right plane and generating the clubhead speed you deserve. Here's a great drill you can do at the range or practice fairway with a 6-iron that will instill the right hip-tilt you're after on every shot.

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Too upright

The aim of the drill is to have the clubhead grooves parallel to the ground while gripping the 6-iron on the shaft decal and with the butt of the grip pressed gently against your belly button. If you took your normal stance from this position with the toe of the club pointing into the air, you're far too upright.



Too bent over

In this example I've gone too far the other way. See how I'm tilting too far over at the hips, forcing the clubhead grooves to now point beyond the parallel point (toe of the club pointing down). Set up from this position and it will be difficult to clear the left side of the body out of the way during the downswing, leading to lifting during the back swing to try and gain rotation.



Just right

Here I have the clubhead grooves perfectly parallel with the ground. This posture prevents you from moving up or down during the swing and helps guide the club on the correct path and plane.

