

Victoria Park

Herston Road, Herston
Brisbane, QLD 4006
(07) 3252 9891

GOLF COMPLEX

Tip of the Week

It's All About Balance

By: Jim Barden *AAA Rated PGA Professional*



A lot of problems that our players encounter can be directly related to poor balance. Typically when a player starts to swing from a poorly balanced address position, resulting adjustments in balance during the swing take the golf club outside the preferred swing plane.



Standing on a rounded piece of timber (or something similar) is a good way to train yourself to attain good balance in your golf swing. An impact bag is also useful to complete the exercise.

Warning: Don't make full swings while standing on a training aid of this type.

Standing on the log, the back is kept flat while leaning forward to allow your arms to hang freely. You should be able to draw a vertical line from the top of your spine to the tips of your toes as illustrated in this picture.

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It's All About Balance



From the front, we should see a triangular shape occurring between your shoe laces and top centre of your chest.

Swing back until your target side arm is nearly parallel to the ground, maintaining that triangular position between your feet and chest.



Complete your swing keeping a good balanced connection between the log and your feet.

Return to the point of impact, maintaining a good connection between your feet and the log and good balance as we apply force to the impact bag.

WARNING: Don't attempt to go past impact while standing on the log. If you can repeat this exercise consistently while maintaining your balance on the log, you'll dramatically improve the quality of your ball striking and consistency in length and direction.

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