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E-BOOK

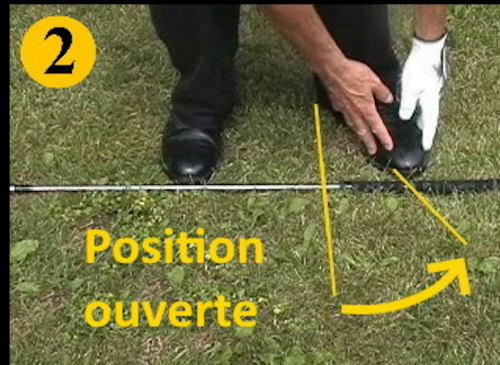
**5 ÉLÉMENTS
STATIQUES**

Les 5 positions statiques

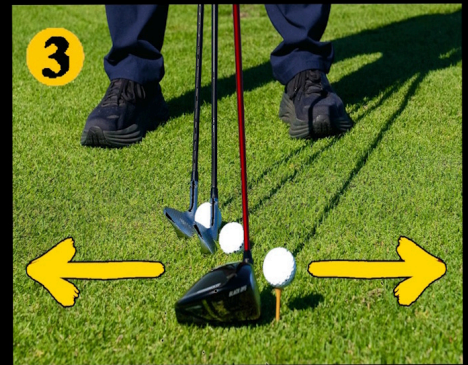
Les 5 positions statiques :



ALIGNMENT



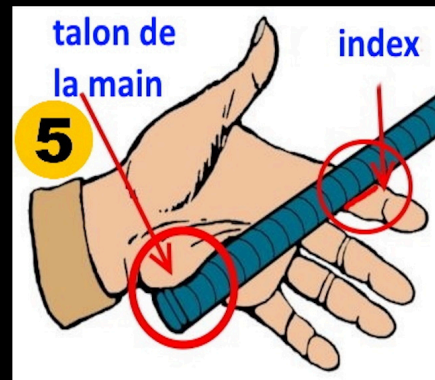
POSITION DES PIEDS



POSITION DE LA BALLE



POSTURE



LA PRISE

L'importance d'une bonne position.

Les cinq positions statiques constituent la base de chaque coup de golf. Elles constituent la première étape vers la régularité et la maîtrise. Avant chaque élan (swing), ces cinq éléments doivent être vérifiés et ajustés. Une fois maîtrisé, ce processus ne prend que quelques secondes, mais il transforme radicalement la performance.

Les golfeurs professionnels et les meilleurs amateurs reviennent souvent à ces fondamentaux pour perfectionner leur élan "swing". Un entraînement rigoureux des bases garantit que chaque mouvement contribue à un jeu plus efficace et puissant.

Les cinq positions statiques sont :

1. Alignement

2. Position des pieds (Position)

3. Position de la balle

4. Posture

5. La prise

Apprendre et mémoriser ces éléments vous aidera à adopter la position de golf parfaite avant chaque élan "swing".

1. Alignment



L'alignement est la base de la précision. Même le meilleur swing ne peut compenser un mauvais alignement. Un bon alignement consiste à orienter la face du bâton et le corps vers la cible.

Pour vérifier l'alignement :

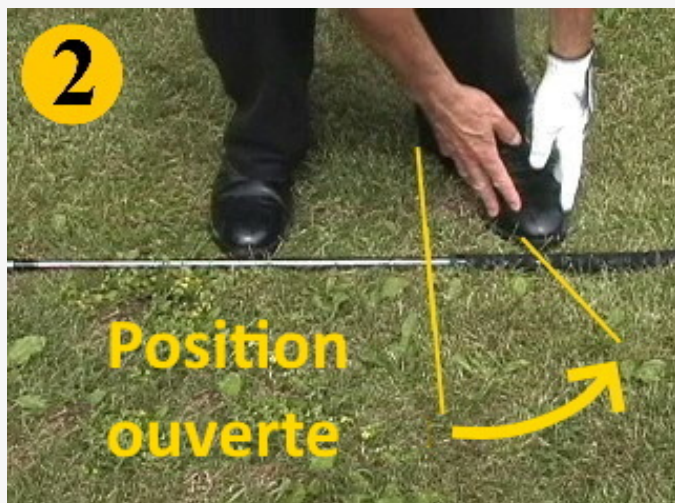
La face du bâton doit être pointée directement vers la cible.

Les pieds, les hanches et les épaules doivent être parallèles à la ligne cible.

Imaginez des rails de chemin de fer : la balle repose sur le rail extérieur et le corps s'aligne le long du rail intérieur.

La pratique d'exercices d'alignement, comme l'exercice de l'échelle, permet de développer une position constante qui garantit que la balle se dirige vers la cible prévue.

2. Position des pieds



La position des pieds détermine l'équilibre, la stabilité et la capacité de transférer efficacement le poids pendant le swing. Une bonne posture favorise à la fois la puissance et le contrôle.

Points clés pour une bonne position des pieds :

Le pied gauche doit être légèrement tourné vers l'extérieur (position ouverte).

Le pied droit doit demeurer perpendiculaire à la ligne cible.

Pour la plupart des joueurs, les pieds doivent être écartés à la largeur des épaules.

Les avantages d'un bon positionnement des pieds sont les suivants :

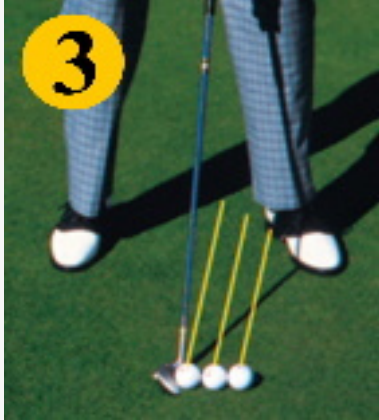
Transfert de poids amélioré du pied arrière au pied avant.

Vitesse de la tête de bâton accrue.

Un meilleur équilibre tout au long du swing.

Une position ouverte favorise aussi une finition fluide et équilibrée.

3. Position de la balle



Le positionnement de la balle influence la trajectoire, la direction et la qualité du contact de chaque tir. Un mauvais positionnement peut entraîner des résultats irréguliers.

Directives générales :

Pour les fers courts, placez la balle au centre de votre position de swing.

Pour les fers moyens, avancez légèrement la balle.

Pour les fers longs et les bois, placez la balle juste à l'intérieur du talon gauche.

La position exacte de la balle peut varier selon le bâton et le type de coup.

4. La posture



La posture est l'un des aspects les plus négligés du swing de golf, mais elle est essentielle à la régularité. Une posture correcte permet au corps de bouger efficacement et de répéter le même mouvement à chaque swing.

Éléments clés d'une bonne posture :

Penchez-vous légèrement à partir des hanches, pas de la taille.

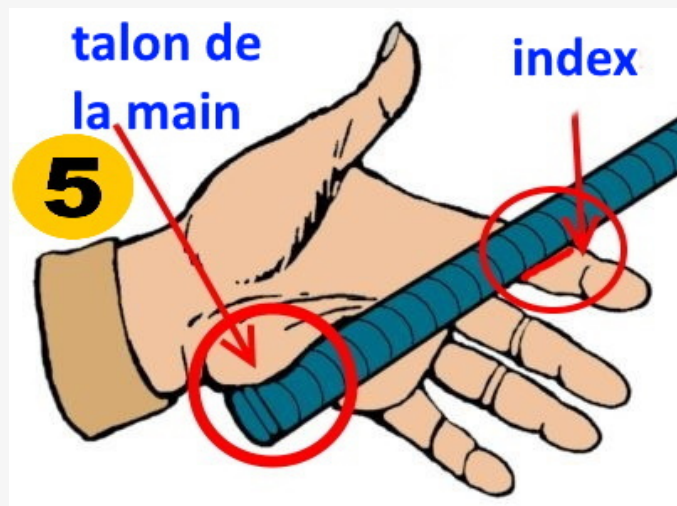
Gardez le dos droit et la colonne vertébrale inclinée vers l'avant.

Pliez légèrement les genoux pour garder l'équilibre.

Laissez les bras pendre naturellement à partir des épaules.

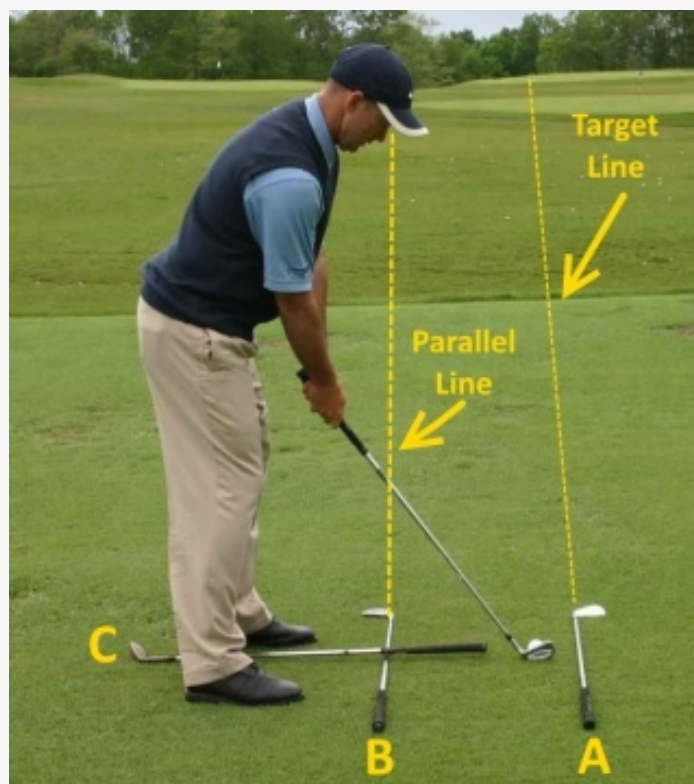
Maintenir une posture constante tout au long du swing assure un contact et une puissance réguliers. Modifier l'angle du dos ou des genoux entraîne des résultats irréguliers. Développer une posture solide et reproductible grâce à des exercices et à la pratique accélère les progrès et permet d'acquérir une base solide pour un swing efficace.

5. La prise



Enfin, apprendre à placer ses mains sur le club. Où sont les points de pression ? La prise influence-t-elle la direction de vos coups ? La prise est le seul lien entre votre corps et le bâton. Apprenons à placer correctement nos mains sur le "club". À quel point devons-nous serrer le club et pourquoi est-il important de maintenir une pression constante pendant toute la durée de l'élan ? Il y a quelques variations dans la façon de tenir le club, qui seront expliquées plus en détail dans les prochaines leçons de golf. Le golfeur peut choisir celle qu'il préfère, mais à partir de ces préférences, les aspects similaires de la tenue du club restent les mêmes.

Conclusion:



Les cinq positions statiques – alignement, position des pieds, position de la balle, posture et prise du bâton – constituent la base de tout bon élan de golf. La maîtrise de ces éléments assure régularité, précision et puissance. Avant chaque coup, prenez quelques secondes pour vérifier ces fondamentaux. Avec la pratique, ils deviendront automatiques, ce qui améliorera vos performances et vous permettra de prendre encore plus de plaisir à jouer.

Pour devenir un meilleur golfeur, tout commence par la position de départ. Apprenez-la, pratiquez-la et intégrez-la à chacun de vos swings.





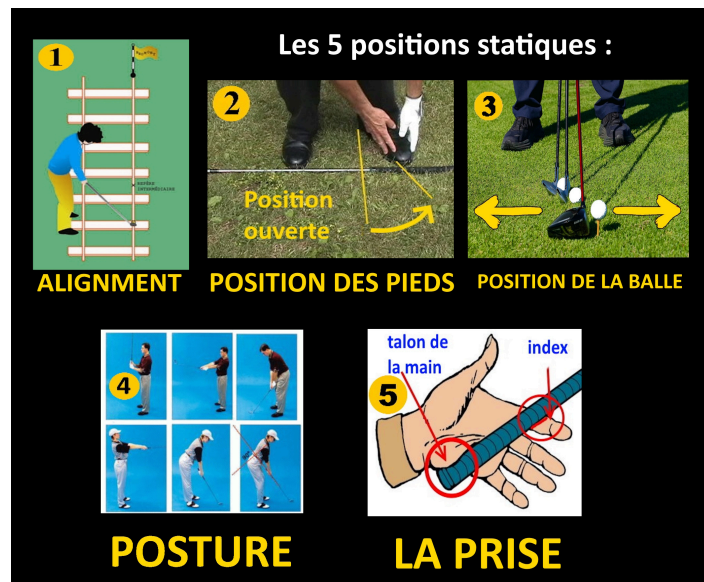
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**5 ÉLÉMENTS
STATIQUES**

LES 5 ÉLÉMENTS STATIQUES



The Importance of the Setup

The five static positions form the foundation of every golf shot. They are the first step toward consistency and control. Before every swing, these five elements must be checked and adjusted. Once mastered, this process takes only a few seconds but makes a world of difference in performance.

Professional golfers and top amateurs often return to these basics to refine their swing. Correctly practicing the fundamentals ensures that every movement builds toward a more efficient and powerful game.

The five static positions are:

1.Alignment

2. Foot Position (Stance)

3. Ball Position

4. Posture

5. Grip

Learning and remembering these elements will help achieve the perfect golfing position before every swing.

1. Alignment



Alignment is the foundation of accuracy. Even the best swing cannot compensate for poor alignment. Proper alignment means aiming both the clubface and the body toward the target.

To check alignment:

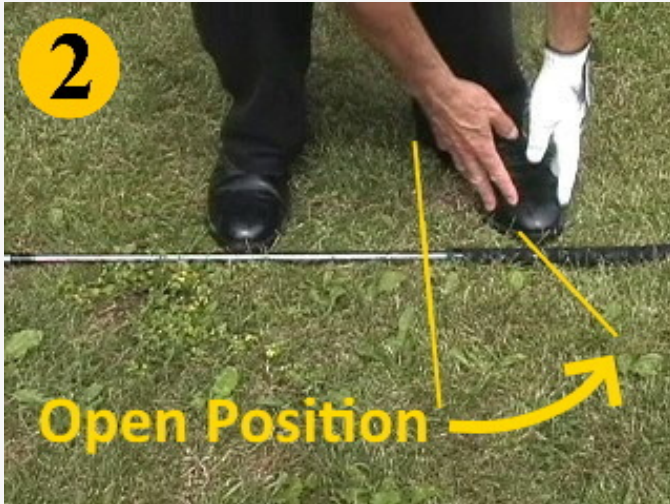
The clubface should point directly at the target.

The feet, hips, and shoulders should be parallel to the target line.

Imagine railroad tracks: the ball lies on the outer track, and the body aligns along the inner track.

Practicing alignment drills, such as the ladder drill, helps develop a consistent setup that ensures the ball travels toward the intended target.

2. Foot Position (Stance)



Foot position determines balance, stability, and the ability to transfer weight effectively during the swing. The correct stance promotes both power and control.

Key points for proper foot position:

The left foot should be slightly turned outward (open stance).

The right foot should remain perpendicular to the target line.

The feet should be shoulder-width apart for most shots.

Benefits of correct foot positioning include:

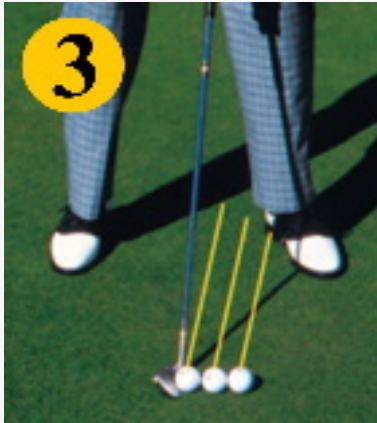
Improved weight transfer from the back foot to the front foot.

Increased clubhead speed.

Better balance throughout the swing.

An open stance also encourages a smooth, balanced finish.

3. Ball Position



Ball position affects the trajectory, direction, and contact quality of every shot. Placing the ball incorrectly can lead to inconsistent results.

General guidelines:

For short irons, position the ball in the center of the stance.

For mid-irons, move the ball slightly forward.

For long irons and woods, position the ball just inside the left heel.

The exact ball position may vary depending on the club and shot type. Future

4. Posture



Posture is one of the most neglected aspects of the golf swing, yet it is crucial for consistency. A proper posture allows the body to move efficiently and repeat the same motion with every swing.

Key elements of good posture:

Bend slightly from the hips, not the waist.

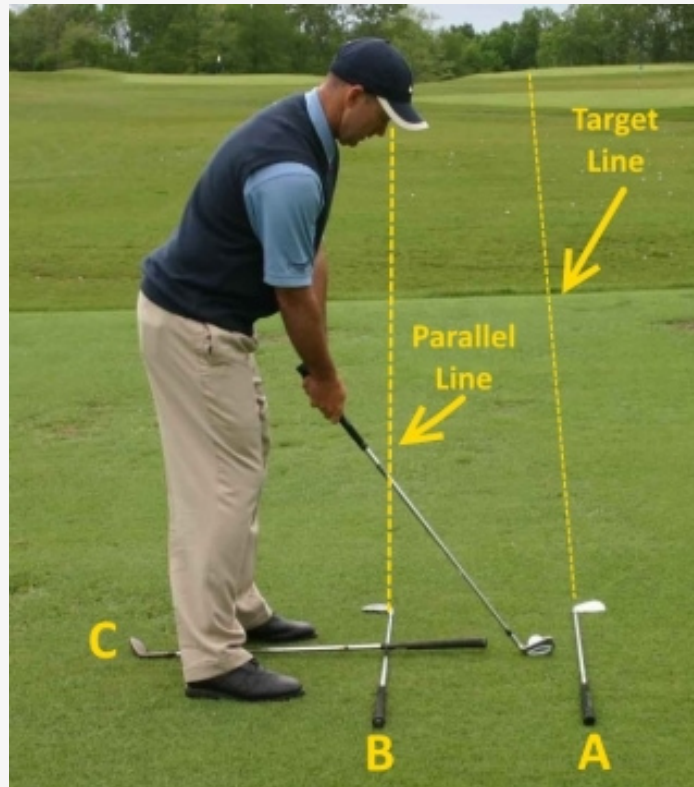
Keep the back straight and the spine tilted forward.

Flex the knees slightly for balance.

Let the arms hang naturally from the shoulders.

Maintaining the same posture throughout the swing ensures consistent contact and power. Changing the angle of the back or knees leads to inconsistent results. Developing a strong, repeatable posture through drills and practice accelerates improvement and builds a reliable swing foundation.

Conclusion:



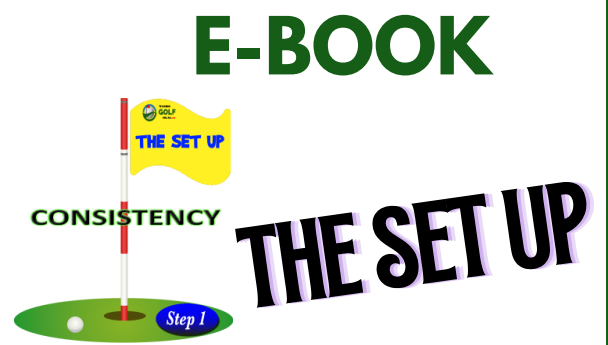
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The journey to becoming a better golfer begins with the setup. Learn it, practice it, and make it part of every swing.

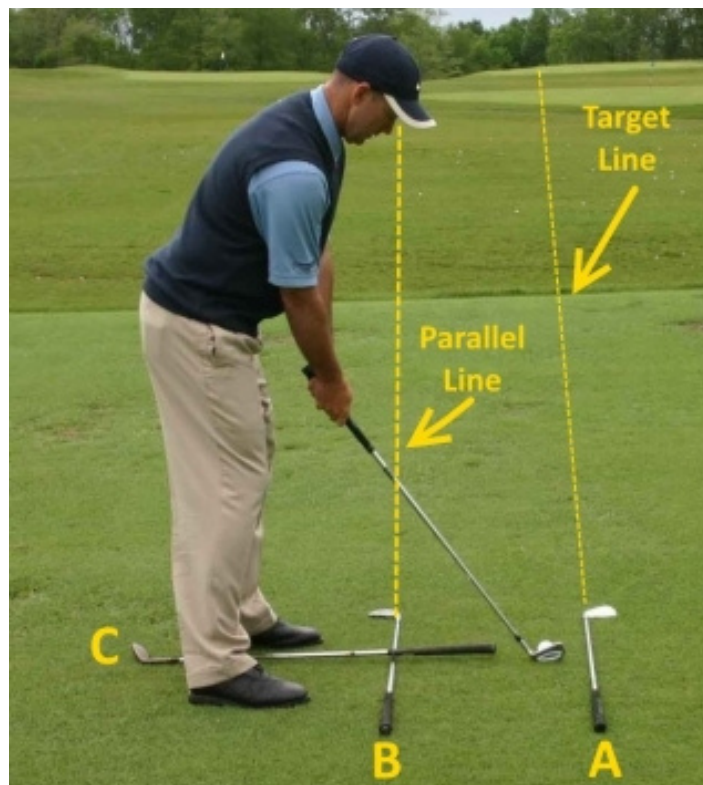




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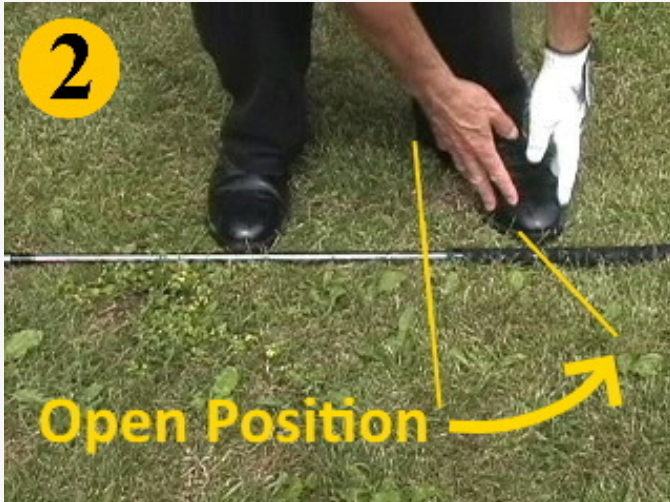
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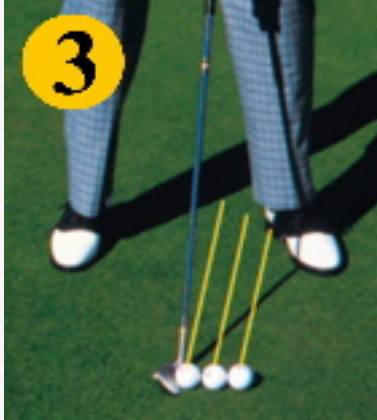
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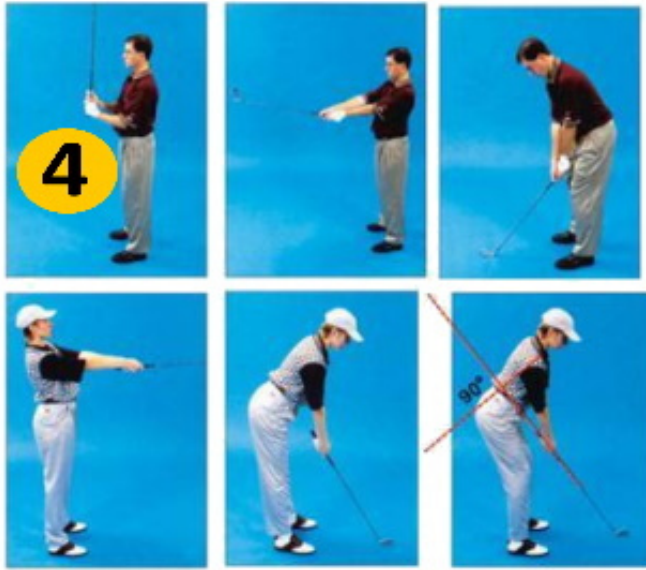
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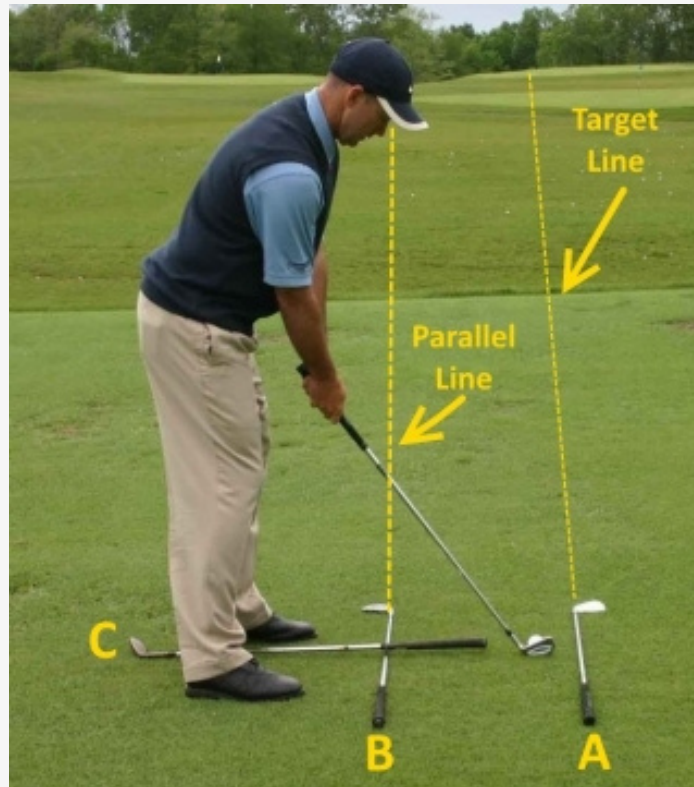
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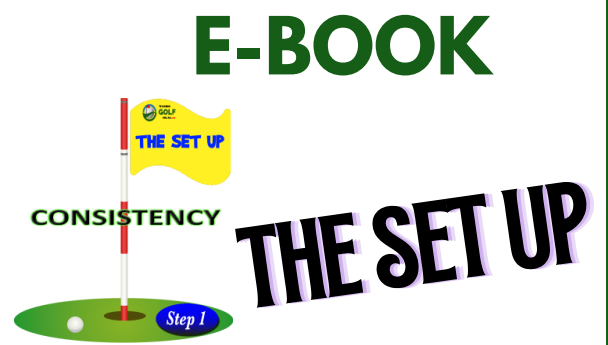
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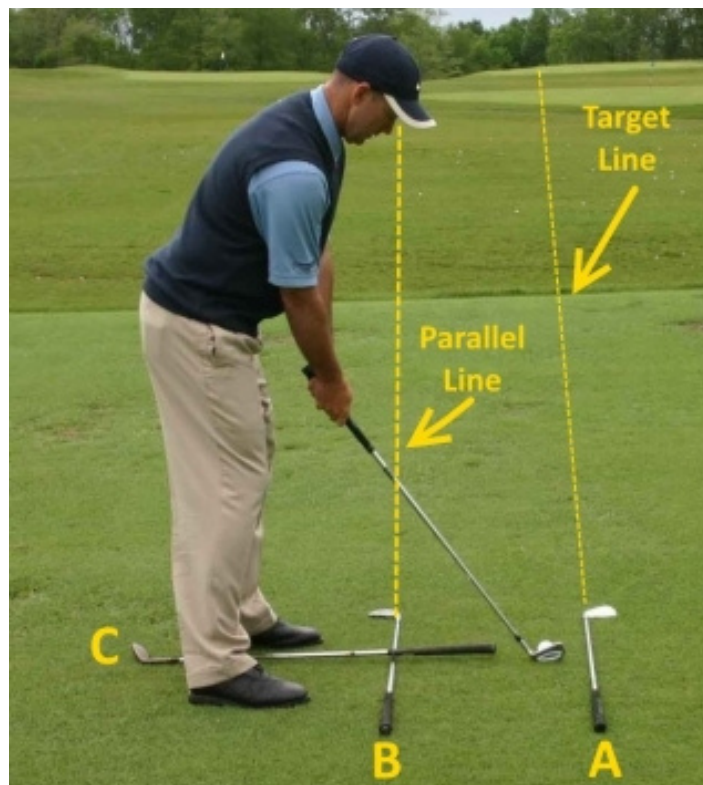




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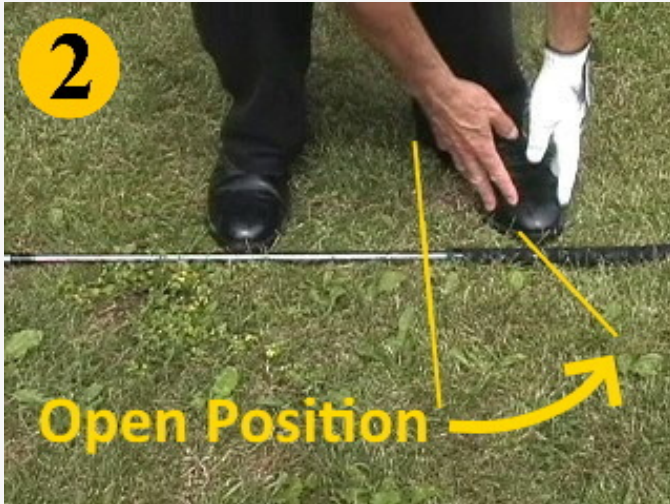
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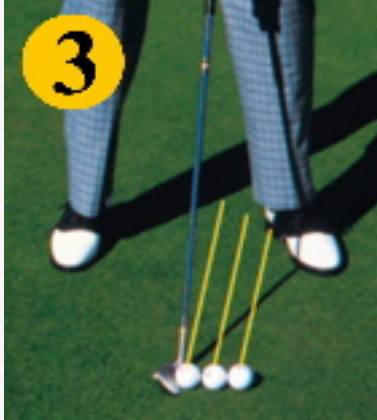
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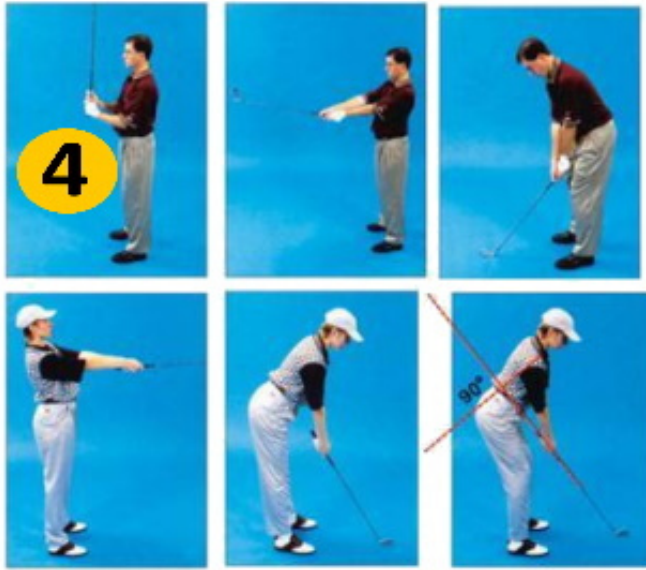
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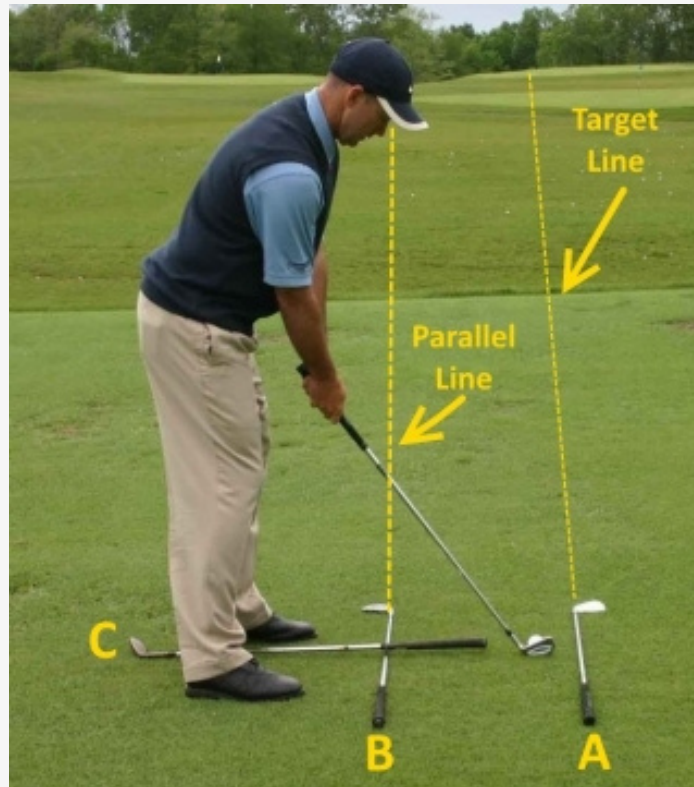
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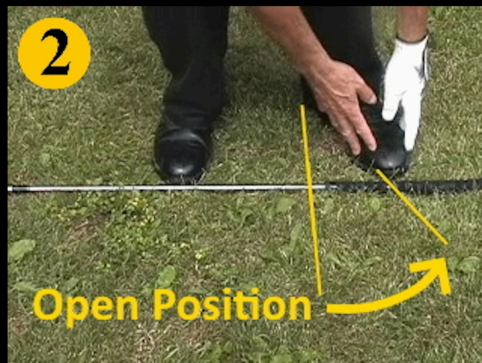
THE SET UP

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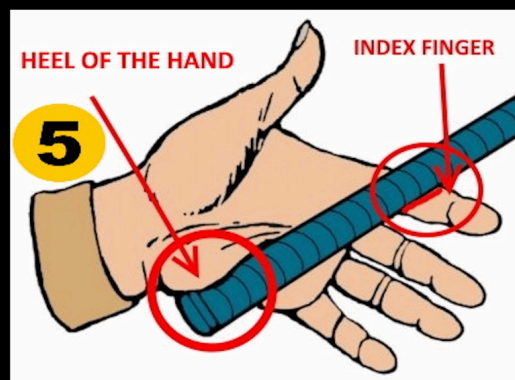
FEET POSITION



BALL POSITION



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THE GRIP

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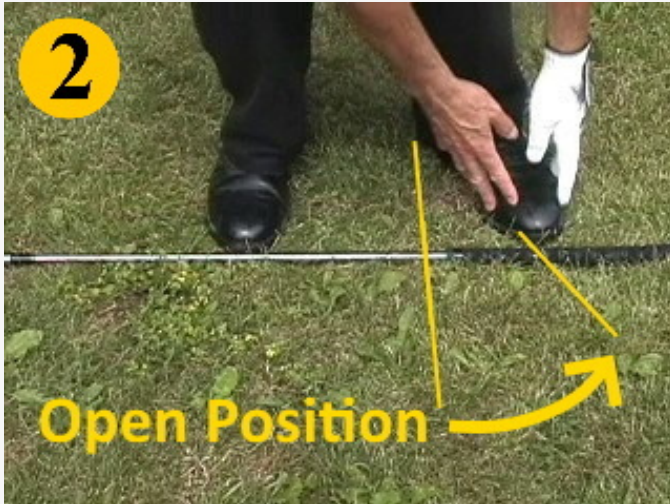
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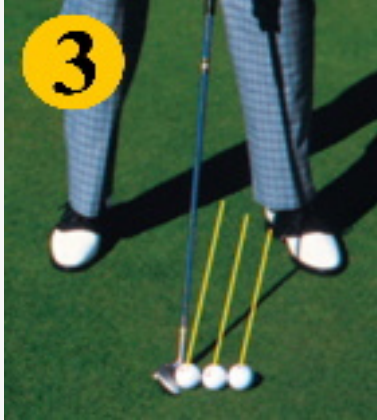
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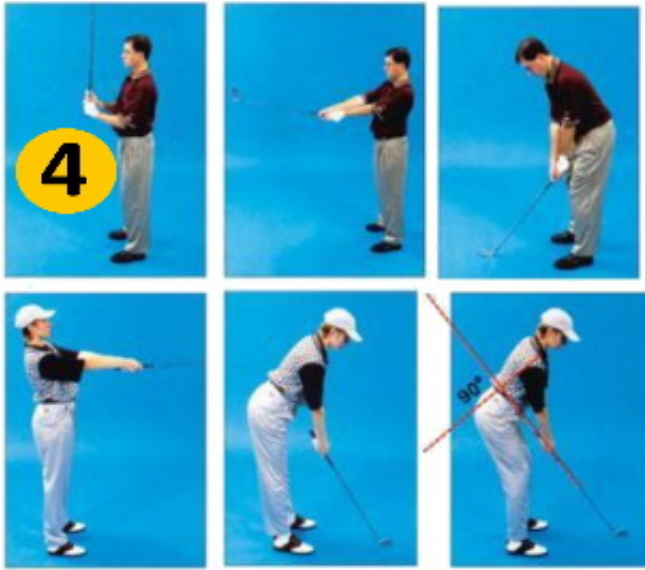
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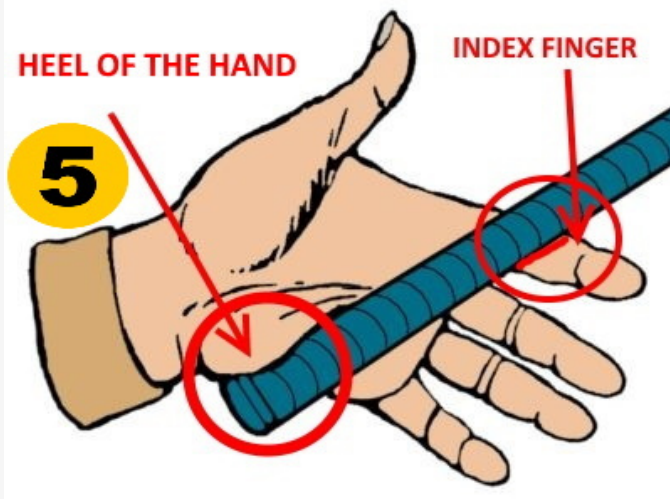
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5. The grip



The grip connects the player to the club and directly influences control, power, and accuracy. A proper grip ensures that the clubface remains square through impact.

Basic grip principles:

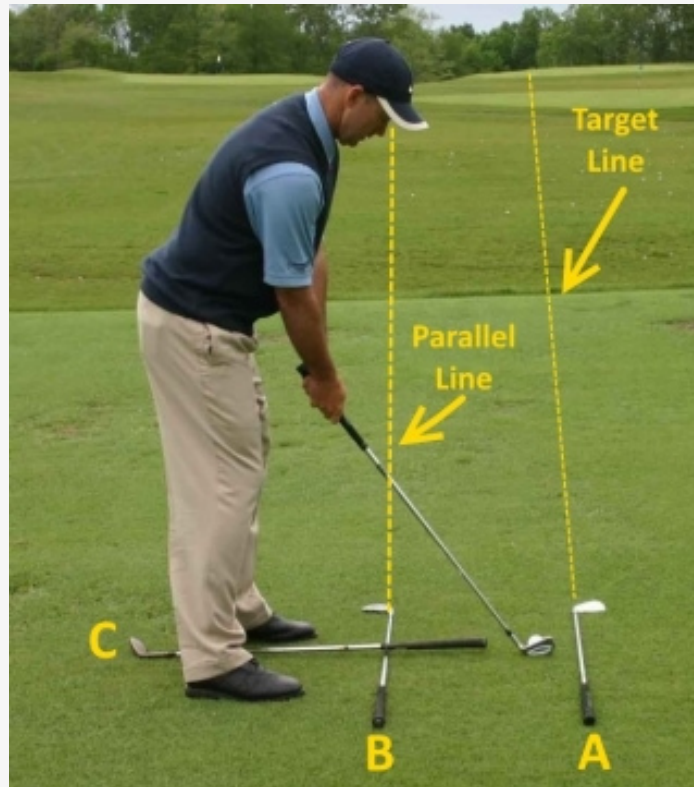
Hold the club primarily in the fingers, not the palms.

The hands should work together as a single unit.

The "V" formed by the thumb and index finger of each hand should point toward the right shoulder (for right-handed players).

A correct grip promotes a natural release of the club and prevents unwanted slices or hooks. It is the final element that completes the perfect setup.

Conclusion:



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