



TEACHING
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E-BOOK



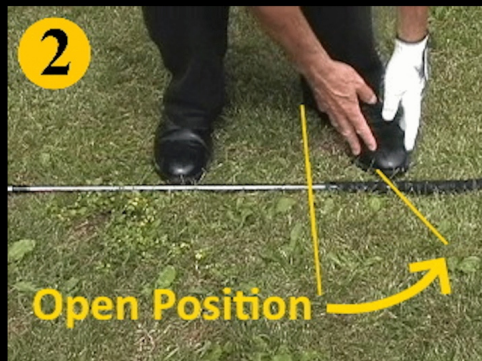
THE SET UP

THE 5 ELEMENTS OF THE SET UP

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ALIGNMENT



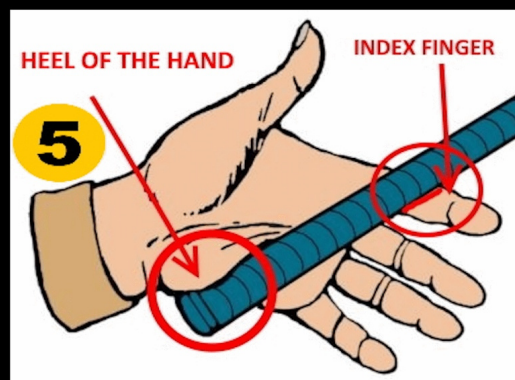
FEET POSITION



BALL POSITION



POSTURE



THE GRIP

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:

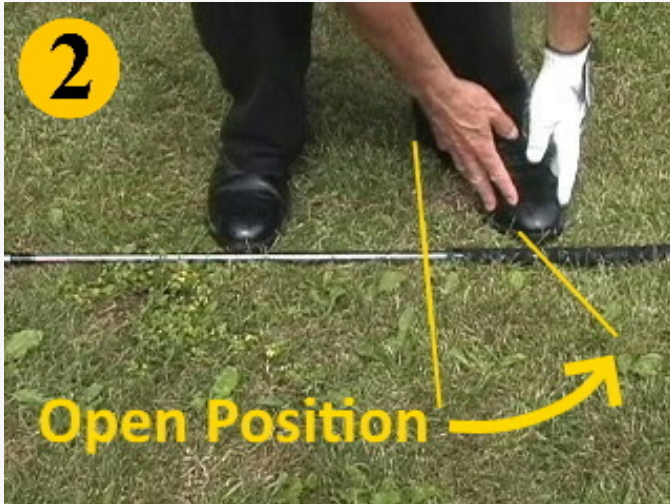
The clubface should point directly at the target.

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:

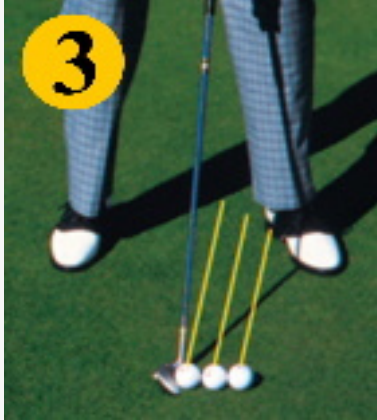
Improved weight transfer from the back foot to the front foot.

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:

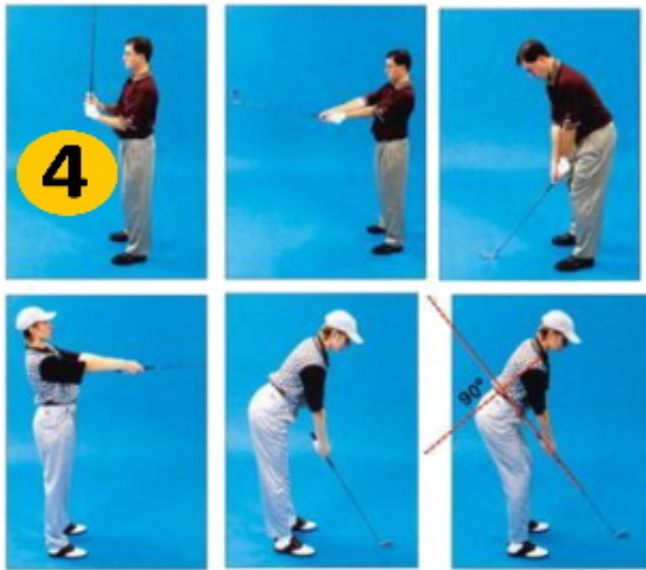
For short irons, position the ball in the center of the stance.

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.

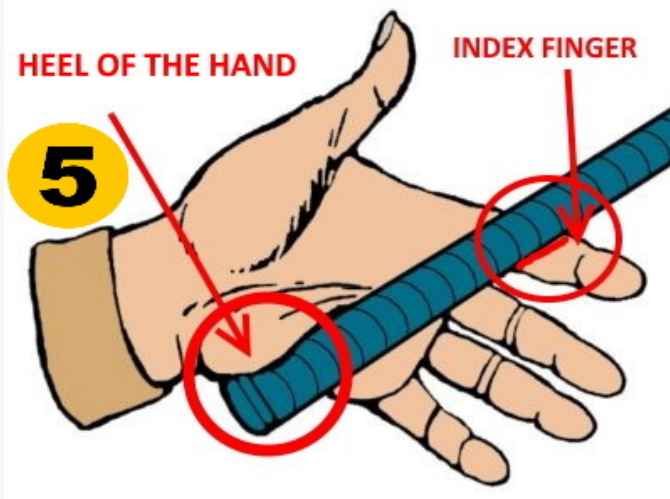
Keep the back straight and the spine tilted forward.

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.

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:

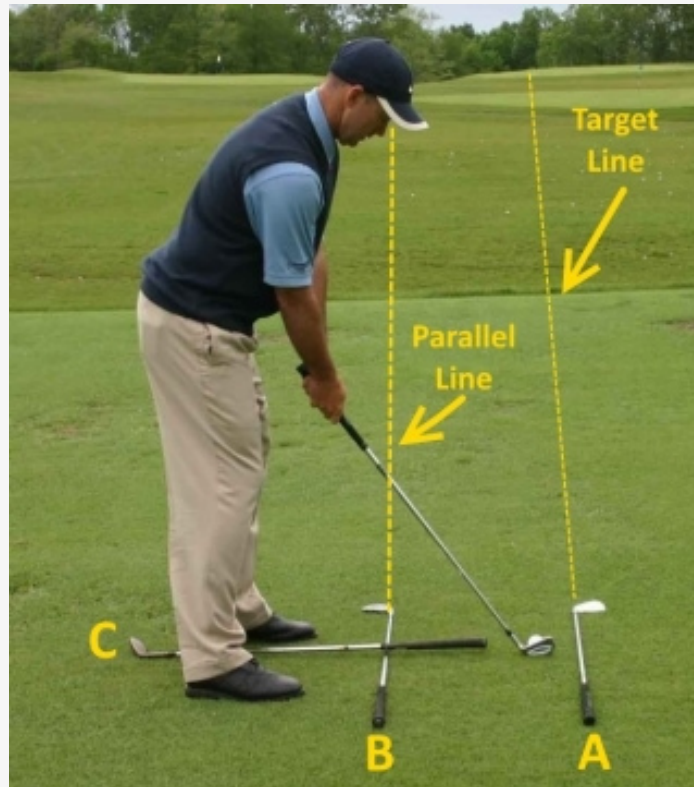
Hold the club primarily in the fingers, not the palms.

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:



The five static positions—alignment, foot position, ball position, posture, and grip—form the foundation of every great golf swing. Mastering these elements ensures consistency, accuracy, and power. Before every shot, take a few seconds to check these fundamentals. With practice, they will become second nature, leading to improved performance and greater enjoyment of the game.

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

