



June 13<sup>th</sup>, 2022

*Look in the mirror!*

By utilizing a mirror at home, you can provide yourself with instant feedback on two fundamentals that are crucial to repeatable and consistent golf swings.

1. **Posture** – Mirror Placement – behind – As you look back into the mirror create your posture holding a club with these 3 things in mind
  - a) Maintain your height by bending from your hips. You should feel relaxed in your shoulders and your arms should hang naturally in front of your chest – ***Look for your rear end to be out and up***
  - b) now add in slight knee flex so you just cover the middle of your shoelaces
  - c) keep your chin away from your chest to promote full lead shoulder rotation. A good posture will also allow you to establish close to a 90-degree angle between your spine and the club shaft at the address position



CORRECT POSTURE VISUAL  
RIGHT HANDED GOLFER



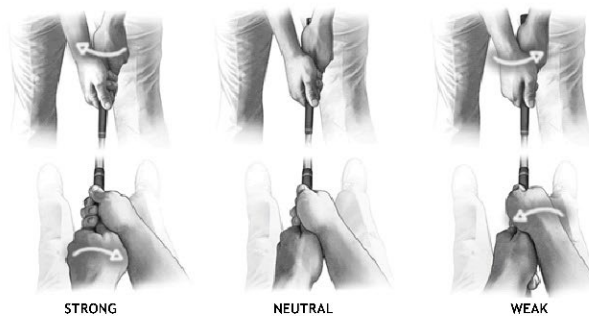
CORRECT POSTURE VISUAL  
LEFT HANDED GOLFER

## 2. *Grip* – Mirror Placement – Face on in your posture

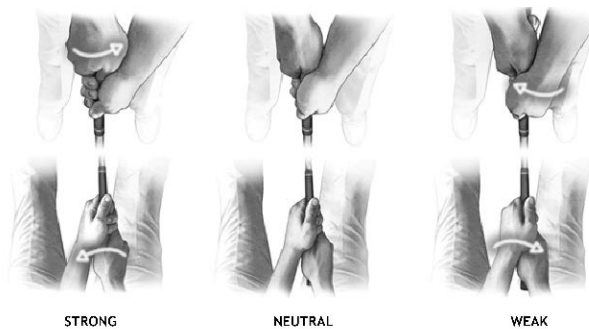
By looking in the mirror you can identify where the hands point at your address. I would like you to create a neutral grip position by having the V's (*your V's are created by the thumb and index finger in each hand*) point towards your trail ear. By creating a grip where both V's point to this area, you will promote a setup that will allow your hands to work as one unit. Now follow the visual below to feel the differences when you allow the hands to be set up in a strong position and a weak position. What can you feel? Do you think these adjustments could help you to execute different shots?

Most top-level amateurs and young professionals these days have gravitated to the stronger grip position which means you would see more knuckles in your lead hand at address. This has allowed them to establish more distance off the tee. What is interesting is how they alter their grip the closer they get to the hole and when hitting pitches and chips they have moved over to a weak grip which allows for the clubface to remain open longer and promotes a higher/softer ball flight. The real key is to find the grip position that allows you to create square contact more consistently. I challenge you to experiment with these variations while you are at home and can hit a few short shots in the basement or make some swings in the backyard.

RIGHT HANDED GOLFER GRIP



LEFT HANDED GOLFER GRIP



Please feel free to contact me at any time should you have any questions or would like some assistance with your posture or grip.

Happy Golfing,

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