



STEADY DOES IT

A narrow stance can affect your stability



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A LOT OF AMATEURS TEND to take too narrow a stance to enable a fuller turn of the torso in the golf swing. While it's true that it's easier to turn the shoulders and the hips if your stance is narrow, that works only with the short irons (which in any case are shorter in length and have a proportionately narrow stance).

Too narrow a stance with the driver, or the longer clubs does not give a player a solid base on which a full turn can be accommodated while maintaining balance. The result is that the body sways to the right (for a right-handed golfer) on the backswing and lurches forward in the downswing, changing the swing centre

and making it impossible to hit the ball consistently.

The setup is the one fundamental in the golf swing which every golfer can execute every time. Take a look at the sway my student Sahil Sagar had in his golf swing (2). Sagar's sway was only caused by the width of his stance, which was very narrow. A simple widening of his stance (3) instantly reduced his body sway and lateral movement (4) creating more stability and balance in his golf swing.

There are some common misconceptions about the width of the stance at address. Your shoulders have nothing to do with your stance width unless your legs

(and you may be different than me) are attached to your shoulders.

Shoulder width and hip width vary in each individual case. You need to look at your hips, specifically the sockets where your legs attach, to determine your stance width. The stance has to provide a firm foundation for your golf swing so that you can stay centered on the ball, and yet provide enough mobility to allow your torso, hips and hands to move freely. ♣

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