

## Basic Address Items

**Grip** – This is the only connection to the club so it must be comfortable and neutral to the club face and the body.

1. Overlap
2. Interlock
3. Full Finger (baseball)

**Stance** – Feet should be shoulder width apart and the weight should be on the balls of your feet – not the heels or toes.

**Alignment** – The line between your toes should be parallel to the intended line of flight – railroad tracks.

**Ball Position** – With the shorter clubs, the ball should be near the middle of your stance. As the clubs get longer, the ball position should move toward the front foot.

**Posture** – The bend should be at the hips, not the waist. Also, there should be a slight flex in the knees.

**Good Sportsman Always Prepare Properly**

## Wrist Set Drill

- Step 1: Get into your normal address position (grip, stance, alignment, ball position, posture)
- Step 2: **With your hands directly in front of your body**, rotate the club head away from the ball and away from the target. This will be in the direction of the trail foot (foot farthest from the target) so the shaft is parallel with the ground and parallel to the target line. **At this point, your hands should still be in front of your sternum** and the toe of the club should be pointed toward the sky. Be sure to maintain your posture position at all times.
- Step 3: While pushing the club straight back with your arms, rotate your trunk from your hips to your shoulders around your spine until you find the top of your backswing. It is important to note that the club does NOT have to be parallel to the ground at this point. You only turn as much as YOUR flexibility allows.
- Step 4: With the club at the top of backswing, double check that you're still in a good posture position and looking at the ball.
- Step 5: Take a mental photograph of that position so you can recreate it during a normal swing