

# Make right angles to get a good posture on your set-up

PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips



**ANDY LAMB**

PGA ADVANCED PROFESSIONAL

## 4: Create a better posture

IT IS COMMON knowledge that your set-up position is vitally important, but many golfers neglect their spine angle when they adopt a posture.

Due to the fact that your shoulders turn around your spine, it is very

important to create and maintain the right angle throughout your swing to achieve consistent ball striking.

These images show a drill which will help you create a good posture with the correct body angles.

Firstly, stand up straight while



## ● Andy Lamb demonstrates how to create a better posture

holding your club behind your back in such a way that the shaft of the club runs down your spine.

Now, keeping the shaft against your spine, bend forwards from your

hips until your weight moves onto your toes.

Finally, flex your knees to return your weight to the balls of your feet.

Rehearse this drill regularly until

you get used to how it feels. Then you will be able to integrate it into your set-up position.

Next week, we will look at how to make sure your alignment is correct.