

Build a platform to strike right balance

6: Improve your Balance

Here is a drill to help you to improve your balance in your golf swing.

This is a drill using only practice swings.

To start off, find two small but solid platforms and place them on the ground about the width of your shoulders apart.

Take your club and stand on the platforms, one foot on each, and create your normal set up position.

Now make your normal full backswing, making sure that you maintain your balance on the platforms.

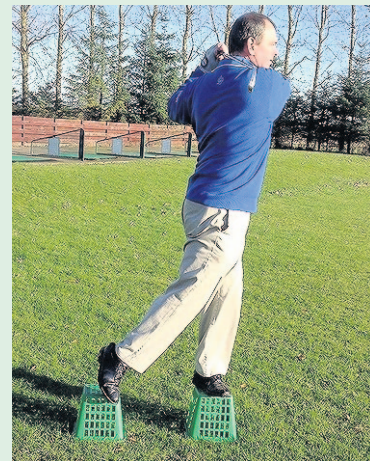
Then swing down and through and into your normal finish position, again maintaining your balance on the platforms.

Start with slow swings and gradually build the speed up as you gain more confidence.

This drill will help your balance and prevent you from swaying in your backswing.

It will also help to reduce excessive weight transfer in both your backswing and your through swing.

Next week, we will look at the circle of symmetry in your golf swing.



● Andy Lamb demonstrates how to improve your balance

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. Here Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, brings you weekly tips in the Chronicle



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