

Finding “Your” Address Position

It may surprise golfers to learn that there is no single correct address position; it depends on your body, how you hit the ball and what you want to accomplish

By Tom F. Stickney II

Over the last several years on the Tour, there has been a paradigm shift in the set-up position and its subsequent effect on the shifting of weight and overall body position at the top of the swing.

In the not-so-distant past, players were taught to set up “behind” the ball. Several years ago there was a movement to “stack” the weight on the forward foot, and currently the trend is to keep the weight more centered before the swing begins. Which method is correct, and what do these different set-up positions help cure in the average player’s game?

In this article we examine these address and top positions using multiple camera views and your mirror in order to help you figure out which one is right for you.

Use the right-leaning address position if:



- You tend to hit the ball too short
- You are barrel-chested or have little flexibility
- You want to raise your ball’s flight

Use the left-leaning address position if:



- You tend to hit fat iron shots
- You need more compression at impact
- You want to lower your ball's flight

Use the centered address position if:



- You tend to hit the ball fat and thin (not solidly) in general
- You need more balance during your golf swing
- You want a mid-range ball flight

It is up to you as the player to find an address position that works for your game. Experiment with these different set-up positions in a mirror first, and then on the range. I bet you will find the position that's best for you.

Tom F. Stickney II is director of golf instruction at The Golf Learning Center at Bighorn. In addition to being the instruction specialist for *Desert Golf Magazine*, he's a *Golf Magazine* Top 100 Instructor and *Golf Digest* Top 20 Under 40. Reach him at 970.904.2485 or log onto tomstickneygolf.com