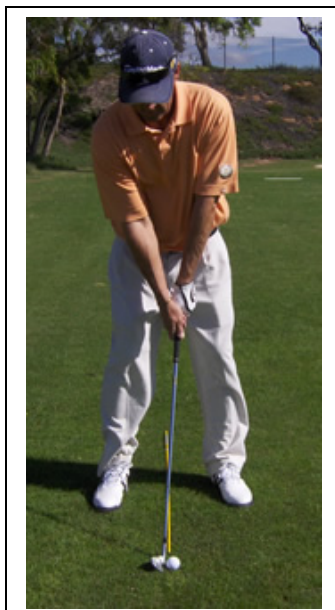
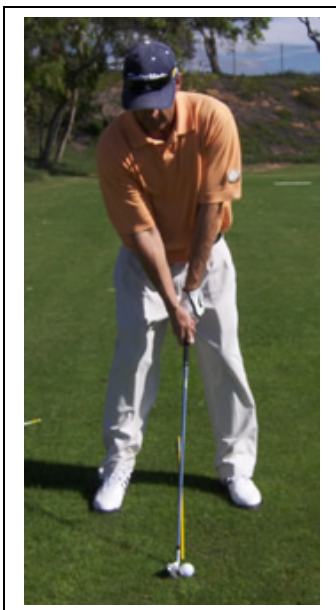
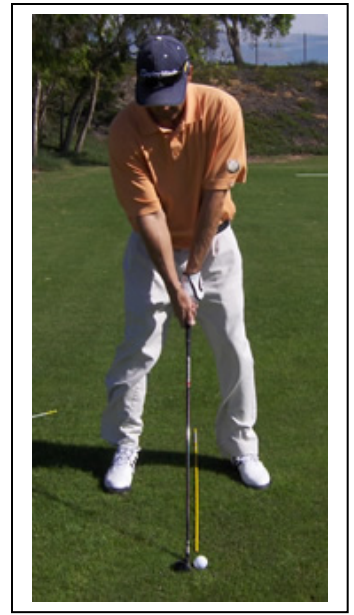
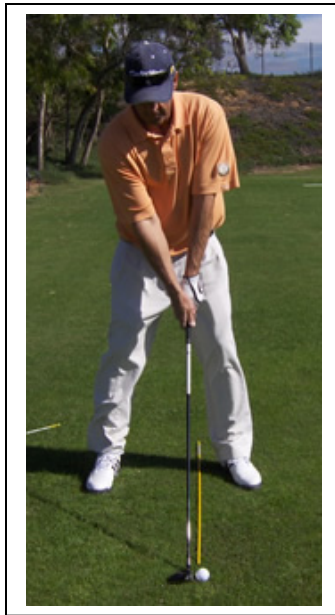
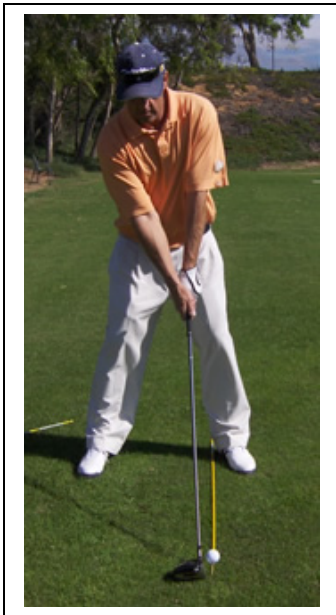


Ball Position

Ball position is very important in the golf swing. To achieve a consistent swing and ball flight, the ball must consistently be in the same place every time depending on what type of shot you are trying to play and with which club. Ideally, the ball should be at the bottom of the swing arc for whatever shot you are attempting, with the exception of the driver on a tee. The ball will be placed slightly forward of the bottom of the arc for most people with the driver. This is to achieve the desired “hitting slightly on the upswing” with out having to adjust your swing since the ball is on a tee.

There is no set rule on where you should play the ball. Everyone plays the ball a little differently depending on swing plane, swing path, body type, etc. The pictures below are guidelines for which to start. I highly recommend experimenting with slightly different ball positions and see what different flights you get.



From top left to bottom right:

Driver – Forward, even with heel of forward foot

Fairway wood – Forward 4-5 inches of center

Hybrids/Long Irons – Forward 3-4 inches of center

Short Irons – Center to one inch forward

Wedges – Center to one inch forward or back.