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SFTW 22: Align to the target

Simple method to hit straighter shots

Posted: 18 March 2011
by Lee Kopanski



With alignment, DON'T see the target from a side-on stance...



...view the target from behind first...



....and pick a spot just in front on which to line up before moving in to take your stance.



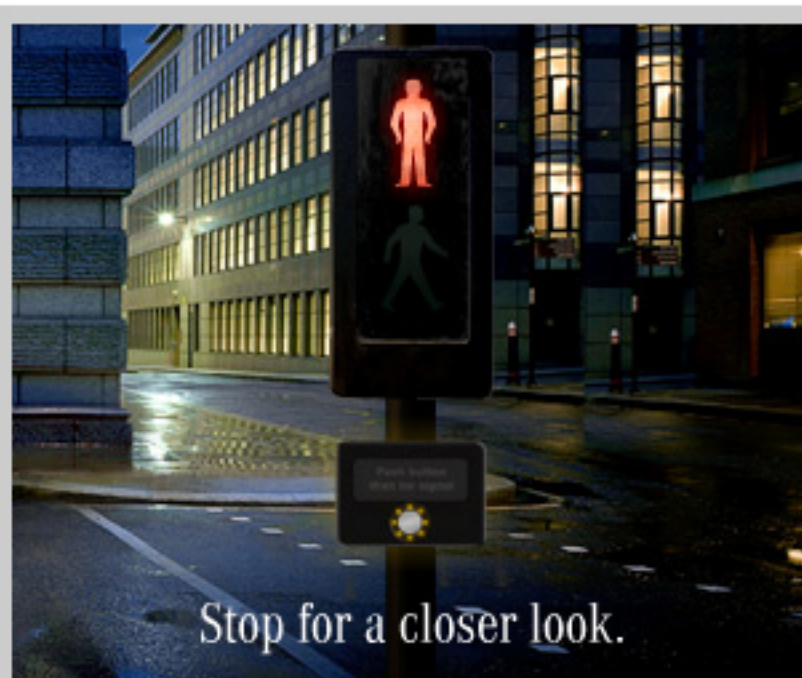
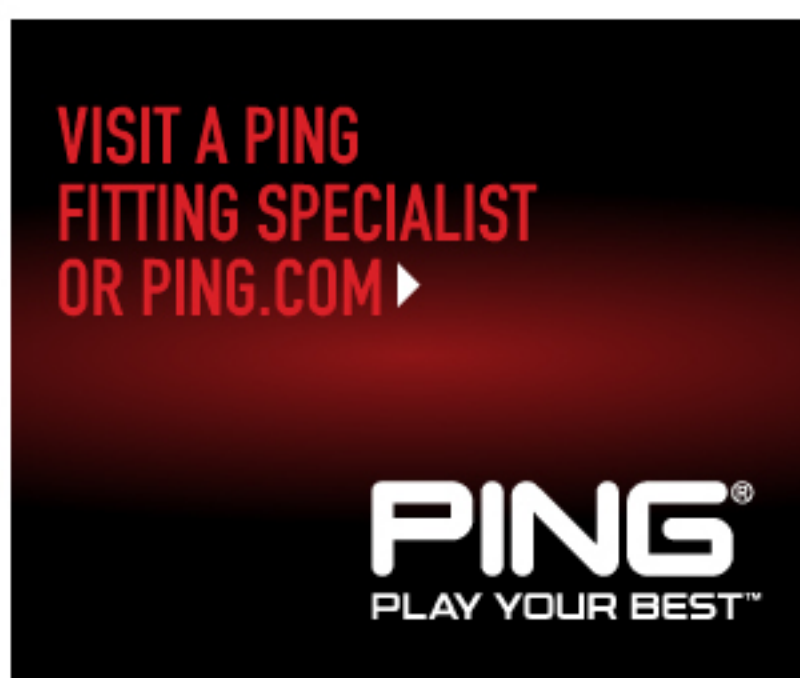
Lee Kopanski is the British-born head PGA pro at his own golf academy Loipersdorf Golf Club, a 27-hole course in Styria, Austria. He has worked with some of the best coaches in Europe and offers free online golf lessons at www.golfswingzone.com. In this first of a new, short series, Lee gives hints and tips on how to improve your game.

I've found with my pupils that the biggest alignment problem is the way they see their target. I always recommend that when assessing their shot, they stand directly behind their target facing it, it is much easier to align the body with both eyes squarely fixed. This is the natural, balanced way your brain processes information in front of it.

As soon as you are side-on to your target to address your ball, everything starts to look a little different with (for a right-hander) the right eye more dominant as you turn and tilt your head to look at the target. This can mislead the brain, as you're bending your line of vision further to the right as you tilt your head.

I recommend you first stand behind the ball, focus on the target and pick out a mark on the ground a few feet in front of your ball and in line with the target.

Align the clubface to this point and hit through the imaginary line between that point and the target. Watch any videos of Jack Nicklaus and he used this method effectively - glancing from a point just ahead of him to the target - successfully throughout his career.



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