

# Setup Is Important

## But...Just How Important Is It?

Most golfers do not realize just how important the setup is. You can make a great swing but if you set up improperly, the results can be very poor. A good, consistent setup is the first step to getting repeatable results.

This starts right with the club including the shaft and clubhead and how they are positioned at address.

Let's first take a look at clubhead alignment.

A mistake in how you line up the clubface at address will mean that even a good golf swing will have the ball heading offline.

Many golfers (particularly newcomers to the game) traditionally have a hard time aiming the clubface at address. They typically have the shaft leaning too far towards the target and they line up the top of the clubface to the target. This is a closed position. (Picture 1 – Top Line Square – bottom line closed)

The shaft should be more vertical (exception: short irons will be angled slightly forward) and the bottom (leading edge) of the club should be square to the target. (Picture 2 – Top line open, bottom line square) To many people this looks like an "open" position but it is not.

This club setup position is something you can then build your golf swing around. From a severely closed position you will have to make compensations in your swing to get the clubface back to the ball squarely each time. This is too hard to do consistently.

Aim and set up correctly and you will be ready to fire every time.

Getting the clubface aligned properly is one fault but if you don't make good contact then you won't get the best result possible.

If you are having trouble making solid contact then your ball position may be the problem!

The golf swing is an action where many laws of physics apply. This means what you see at address is not necessarily what will happen when the golf swing is in motion.

Take your ball position for example. (In this case how far away the ball is in relation to us apposed to where it is positioned between our feet.)

In a standard set-up we normally place the ball at the centre of the clubface. (Picture 3)

Unfortunately, during the golf swing, even if we do everything correctly in our swing, the club can end up in a different position at impact.

The centrifugal force created in the golf swing will "pull" the club further from our body, putting the centre of the clubface BEYOND the ball, even giving you the chance of hitting the ball off the hosel (the dreaded shank).

If you are hitting the ball too close to the hosel, try placing the ball at address more toward the toe of the club. (Picture 4)

At impact the ball contact should be closer to the middle of the club head. This also works well with short chip shots.

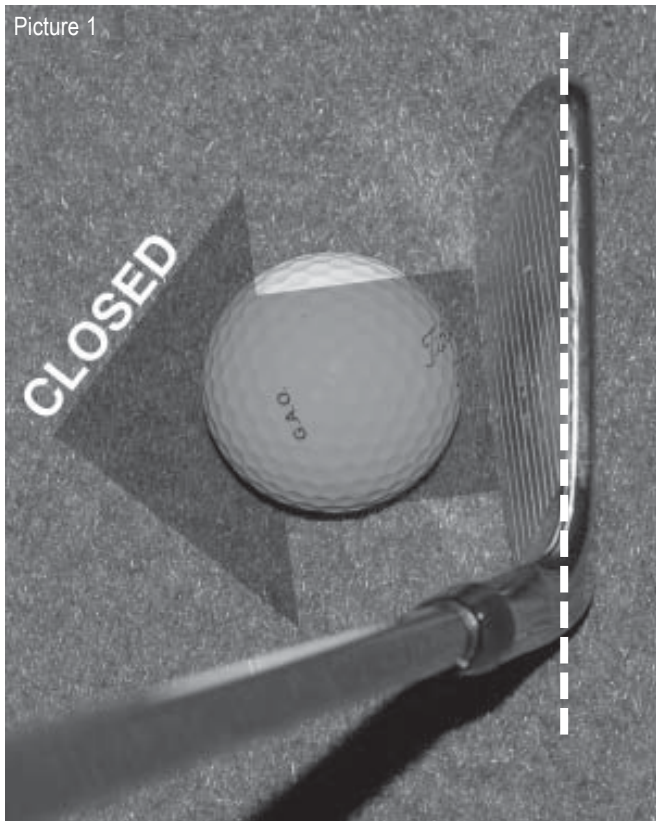
Pay more attention to your setup, especially these two points. If you do, you will create a better opportunity to hit the ball solidly and in the direction you desire each time.



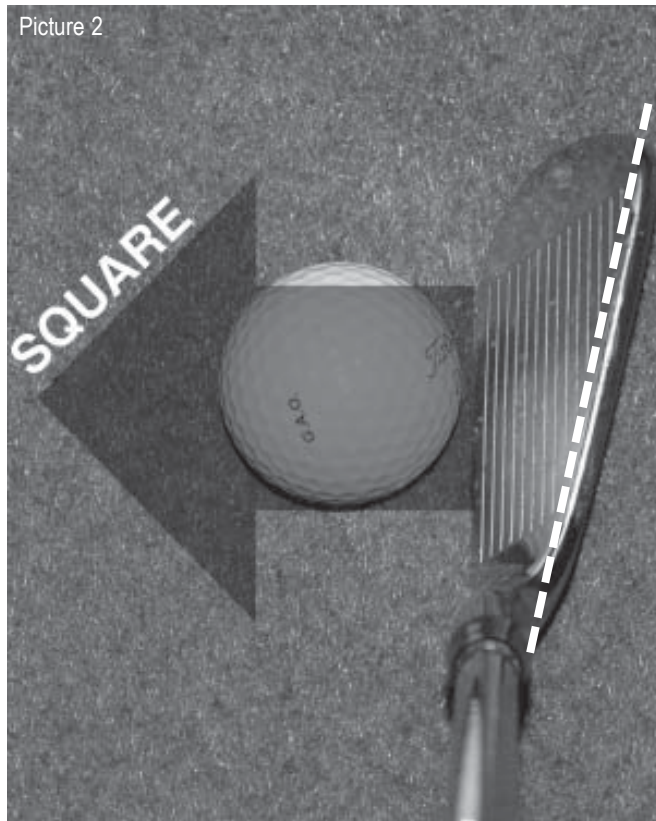
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As you can see in the following pictures, the clubface on the left may appear to be aligned squarely but, in fact, it is aligned closed. This will almost always lead to pulled or hooked shots and possibly shanks. The club face on the right with an "open" topline is actually square to the target.

Picture 1



Picture 2



In the photos below you will notice that the ball is aligned off the centre of the club face which, in theory makes sense but in reality this can lead to the ball being hit off-centre at impact due to how the club reacts during the downswing and through impact. The photo on the right shows the ball being aligned closer to the toe of the club resulting in more balls struck near the centre of the club face due to the physics of the swing.

Picture 3



Picture 4

