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Ball Position For Different Clubs

By Jack Moorehouse

Ball position is a critical component that's often overlooked by players with high golf handicaps. Ball position decides a shot's initial direction. While theories on ball position abound, you need to find one that's right for you.

Ball position affects a clubhead's swing path, as I explain in my golf lessons. If the ball is too far back, the clubhead moves on an in-to-out swing path at impact, sending the ball to the target's right. If the ball is too far forward, the clubhead moves on an out-to-in swing path at impact, sending the ball to the target's left.

Correctly positioning the ball increases the clubhead's chances of meeting the ball at the correct angle of attack and on the right target path. It also helps eliminate a fade or hook, along with other swing adjustments.

Most teaching pros subscribe to the standard ball position theory as do most players and most professional golfers. This theory advocates changing the ball's position depending on the club used. If you've taken golf lessons or read my golf tips, you're probably familiar with this theory.

For example, the ideal ball position for the driver is just inside the heel of your front foot. Placing the ball there ensures that the clubhead makes impact just beyond the swing's lowest point, with an upward, sweeping motion of the club—the perfect swing for the being used.

The ideal position for long irons, on the other hand, is slightly back from the driver's position. The ideal position for mid-irons is one or two balls back from this position. And the ideal position for short irons is in the middle of your stance.

These positions place the ball at the lowest point in your swing, given the length of the club used and the type of swing taken. In addition, placing the ball at these positions enable the golfer to make clean contact with a crisp descending blow—the key to hitting iron shots well.

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Much golf instruction is built around the standard theory. But not every teaching pro advocates it. David Leadbetter, who's taught numerous pro golfers, like Nick Price, and written several books, offers another approach. It's one he stresses in his golf instruction books. Like the standard theory, it makes sense.

Leadbetter suggests that players with lower golf handicaps position the ball (1) just inside the left heel for woods and (2) two balls back for irons. For players with high golf handicaps, he suggests positioning the ball (1) in the middle of their stances for irons and (2) a ball or two forward from that position for woods.

His reasoning is logical. Players with low golf handicaps use their lower bodies more aggressively than players with high handicaps. Players with low golf handicaps are capable of taking advantage of a forward ball position. Players with high handicaps are not.

Golf legend Jack Nicklaus also offers a ball position theory, which he explains in his golf instruction

books. It, too, make sense.

Nicklaus advocates a constant ball position, regardless of the club used. He believes that the ball opposite the left heel is the only spot where the club ever travels parallel to the target line. Any other position towards the back foot means the ball is struck too early in the downswing.

Instead of re-positioning the ball, Nicholas favors changing your stance, depending on the club. Open your stance for the shorter irons, and pull the right foot back, to make the stance wider and squarer, as the club's shaft length increases. Winner of 18 majors, Nicholas has a theory that seems to work for him at least.

Another consideration with ball position is tee height. I tell players taking my golf lessons that the ball's equator should be even with the top of the driver when the ball is on the tee. Placing the ball higher enables the player to hit the ball on the upward arc of his/her swing. Players with oversize clubheads, then, need longer tees to reach the right height.

A third consideration with ball position is weather. If it's windy, tee the ball higher if you're hitting with the wind to generate loft. The added loft enables the wind can carry the ball farther. Tee the ball lower if you're hitting against the wind to produce a low shot, like a line drive in baseball. This type of shot cuts through the wind and rolls farther than a shot with loft.

Regardless of which theory it is, find one that's right for you, just like Jack Nicklaus did. Test each theory out while on the practice range and under game conditions. Work on it until you find the ball position that's right for you. Then, use it every time you play.

Jack Moorehouse is the author of the best-selling book "How To Break 80 And Shoot Like The Pros

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." He is NOT a golf pro, rather a working man that has helped

thousands of golfers from all seven continents lower their handicap immediately.

Caddie Tips For The Beginner

By George Gabriel

Caddying for a golfer is not a lot of work, and could be quite enjoyable, especially if you hook up with a good golfer. Like the old saying goes. Watch and learn. There are 8 main job tasks that a caddie must do. We will try and take a look at them briefly.

Carrying golf clubs

This task could very well be the toughest of the eight, especially if the golf bag is heavy. Knowledge is not a factor here, but carrying them properly is. Try resting the golf bag on the small of your back, may be the most comfortable position. Adjust the strap of the bag to accomplish this position. When you carry a golfer's clubs, you should hold the irons steady with your hand. Try to prevent them from clanging together by placing your wrist at the edge top of the bag and reaching over them with the palm of your hand.

Placing the golf bag down around greens, fairways, and tee boxes, should be done gently. By doing this routinely, will prevent noise of the clubs around golf greens, tee boxes, and other players. Do not drop clubs.

Washing players golf clubs

This is a fairly simple task, but you have to stay on top of it. Keep a wet towel with you at all times. You may want to keep half of it dry, if you want to carry it with you. Make sure the golfer's clubs are clean and dry at all times. Do not hand your golfer a dirty club. Keep a tee in your pocket to clean the grooves of the clubface and wipe clean with the towel. Make sure golf clubs are dry and clean before every hole. When the golfer is finished with the club. Clean them right away and place in golf bag gently. If you do not put them back in the bag right away, you may forget them on the ground, and find out later the golfer may need that particular club. When you happen to remember leaving one behind. Mention it to your golfer immediately. He or She will give you instructions on what to do.

Washing players golf ball

Ask the golfer well in advance, if he or she would like their golf ball cleaned. Do not wait until the last minute before their shot. Have other golf balls clean and ready, just in case they decide to change golf balls. Do not pick up your golfer's ball, when on the tee box, fairway, bunker, rough, and green to clean it. The ball must be cleaned before the tee shot, and after the ball is marked on the green. The golfer will know the playing rules. Let them give it to you to clean.

Replace golfer's divot

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Typically you will find divots on fairway shots. That is not always the case. Sometimes they will have to be replaced on tee boxes. Wait for all golfers to finish their shot, if they are behind you. When everyone starts to march out to his or her next shot. Simply run out and pick up the turf and place back in divot hole, and pack down with foot. Replace a couple of divots, if you have time.

Repair ball marks on green

The golfer should do this task. The golfer may ask you to repair the ball mark, if he or she is lining up their putt. Simply prop up the grass around the hole with a tee and pack down with a flat surface, such as a putter or sole of foot.

Tending the flagstick

Wait for the golfer to ask you to either pull the pin, or tend it. Be nearby to keep play up to speed. Stay off of all golfers' lines to the hole, and keep the flag from waving in the wind if holding the flagstick for the golfer. Also keep your shadow away from golfers's line. Make sure the flagstick is pulled when the ball is rolling towards the hole. The golfer may occur a penalty stroke, if they hit the pin when putting. The golfer has the option to leave the flagstick in when off the green. Some golfers like it out. Wait for instructions when another player is off the green. Try to stand still when a golfer is putting. After all golfers are finished putting, replace the flagstick and check for golf clubs left behind.

Club selection advice

This particular task is for the experienced caddie, and or caddie that has been with the same golfer for a while. Try to memorize the distance of your golfer's shots and what club he or she used. They may ask you for advice on what club to use on any given hole. You may surprise them with your choice of clubs. Let's hope it's a good surprise. If your not sure, do not guess. Just remember. It's only advice. When your not sure of the distance and club selection, encourage them on making the right decision.

Keep sight of golfer's ball

When your golfer and other golfers are taking a golf shot, always watch where the ball lands. Always keep a marker, like a bush or particular size tree when it lands. This particular task is very important. Your responsibility is for the golfer you are caddying for. Try to look out for other players as well. This could be the single most important task. No golfer wants to lose a golf ball. When you can always find the golf ball, the golfer will almost always want you to caddie for them again.

Learned to play the game of golf as a caddie. You can find a tee time at

<http://www.golfanchor.net>



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