



STANCE

The stance should be comfortable. An overload of information on how to stand to the ball especially as a beginner to the game can leave you feeling very uncomfortable and paralysed. So standing to the ball so that you can rest the club comfortably behind the ball is necessary. In terms of the feet alignment great players have had closed, open or square. Again your preference. The square stance predominates. The toes are on a line that is parallel to the line of play.

The rest is simply feeling relaxed with no tension and comfortably find a position where you can lay the club head behind the ball and hit it. This can be trial and error and will change, as you get better. There are no exact predetermined positions or distances for making your stance. This is for you to work out and you will be helped in doing so.

