Improve Your Posture

Good posture is crucial to hitting the sweet spot, and it begins on the ground. If your weight is too far back on your heels at address (above left), your stance will be too upright. Conversely, if your weight is too much on your toes (above right), you’ll be hunched over. To ensure proper posture (right), try to center your body weight over the balls of your feet. This will create an optimal spine angle and give you the feeling you’re completely grounded at address. By rocking back and forth onto your heels and toes (inset), you can feel your way to that centered position.