

# Maintain your posture through a swing

## 10. Maintaining posture within a swing

I'VE previously explained how to create a good posture at your set-up position, but it is equally important to maintain that posture throughout your swing – until well after your golf ball is on its way.

Here's a drill which will help you to achieve this.

Firstly, put a shaft or pole in the ground about three inches behind your right heel at your address position (this may vary slightly from person to person).

Your backside should be in contact with the pole when you adopt your normal posture position.

Then make your backswing, trying to keep your backside touching the pole, all the way to the top of your backswing.

Unwind in your downswing, making sure to keep in contact with the pole, until well past your impact position.

Although at first this may be difficult, with practice you will be able to better maintain your posture throughout your swing.

This will lead to more consistent shots.

Next week, we will work on a drill to help you to release your club head through impact.



- Andy Lamb demonstrates how to maintain posture within your swing

PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips



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