

Balance For Better Timing by Debra Pentz, DC

We've all gone through periods of time when our golf swing is "off."

Of course the golf swing is complicated, and the reason could be any one, or combination of a hundred things. Balance is one of the first things to check.

Without balance it's difficult to make a proper weight transfer in the golf swing. In addition, balance helps us maintain proper timing and rhythm through the golf swing.

To check you balance, stand tall with your arms down at your sides, but not touching your sides. Lift one leg until the thigh is parallel with the ground. Count the number of seconds that you can maintain your balance. The test is over if there is any repositioning of the foot or flailing of the arms. More than 25 seconds is considered normal. Now try the other leg. If you passed this test, try the same thing with your eyes closed (have something close by to grab onto if you start to fall). If you passed this, balance is not likely to be an underlying problem in your golf swing.

If you did not pass, the corrective exercise is much like the test. Simply practice standing on one leg.

If your balance does not improve in a few weeks, there may be other issues. The eyes and the inner ear are important sources of information for the brain to determine where we are in space. Problems with either of these systems may require consultation with a specialist.



More balancing exercises can be found on our YouTube Smashing Golf channel.

<https://www.youtube.com/channel/UC86obUj0yrhqCezg6dQO1bA>

Balance in your golf swing by Peggy Briggs LPGA

Have you ever had someone tell you to finish your swing? Do you fall away while you are swinging either backwards or sideways? To keep our swing "in Balance" here is a simple drill you can practice to keep your body from too much movement in the wrong direction. Start by

taking a golf club and get into your golf set up. Take your trail leg and move it back and balance on your toe. Make some golf swings while standing on your lead leg. You should feel the stability of your leg and body while rotating around your lead hip and leg. I have seen Brittany Lincicome do this on the range many times when she comes to town. She actually balances on one leg and tucks the other similar to a stork while making swings and hitting golf balls.



You should try using your toe as a balance point before lifting your other leg. The golf swing is balance in motion, we don't want to eliminate motion, just direct it in the proper direction. Check out our video on Smashing Golf You Tube Channel.

Bonus: Your golf ball may start to go straighter and farther with good body motion "in balance".

Smashing Golf You Tube: <https://www.youtube.com/channel/UC86obUj0yrhqCezg6dQQ1bA>