

## **Golf Balance Drills**

September 2010

For golfers, balance on uneven lies, side hills, downhill, funky lies and even the perfect lie on a tee box is critical. It's virtually impossible to make consistent center of the club face contact without having great balance.

Try these three balance drills to improve your balance and your game. To learn how to assess your balance, please review my blog (August 2010) – It's All About Balance.

### **Drill #1 - Stork Turns**

Start in a driver posture. Bring both feet together while maintaining golf posture. Lift your non-dominant leg and fold your foot behind the calf of your other leg. Place the grip end of a club on the ground to help with your balance and to stabilize your upper body. Turn and rotate your hips from side to side while stabilizing your upper body.

Your goal is to improve your hip rotation, focus on separating your lower body from your upper body and to improve your balance. Repeat this drill with the opposite foot position.

Once you master this drill with a club for support, perform the same drill without a club (as shown in photo 4).



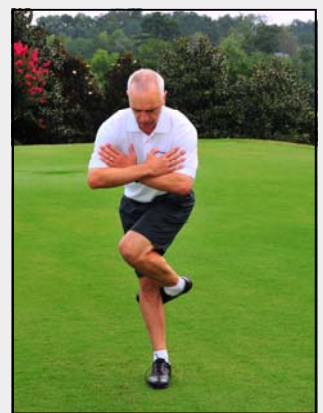
Starting position



Rotation to left



Rotation to right

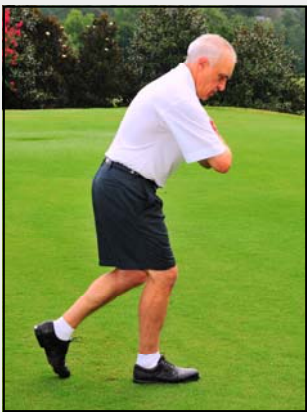


Stork turns w/o support

### **Drill #2 - Torso Turns**

Start in driver posture. Bring both feet together while maintaining golf posture. Place your non-dominant leg about two feet behind you with toes on the ground. Fold your arms across your chest and make a shoulder (torso) turn to your take away side and then to your finish side.

Your goal is to improve torso rotation, practice separating your upper body from your lower body and to improve your balance. Repeat this drill with the opposite foot position. Once you master this drill lift your back leg off the ground and perform the same drill.



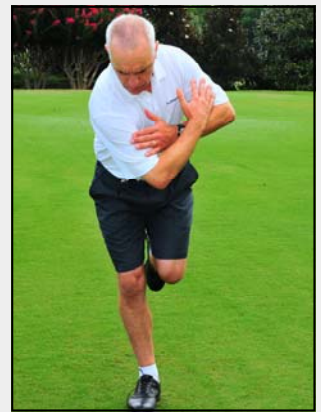
Starting position



Starting Position (front view)



Rotation to right

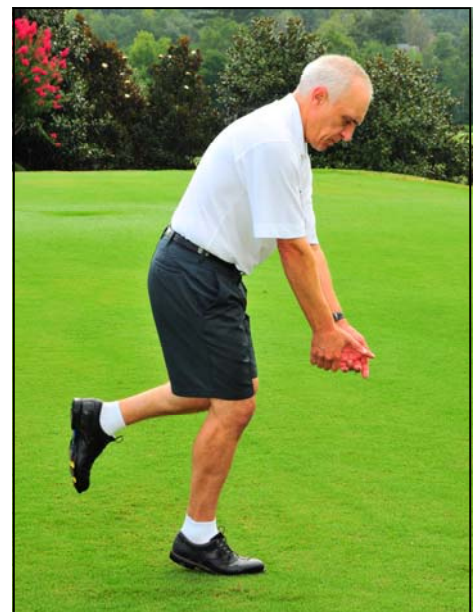


Rotation to Left

### **Drill #3 - Single Leg Heel Lift**

Start in driver posture. Bring both feet together while maintaining golf posture. Lift your non-dominant leg off the ground and then lift the heel of your other leg off the ground and hold for a 10-count. Your goal is to improve your golf balance.

Repeat this drill with the opposite foot position. The progression is to increase the heel lift hold time to 20-seconds or more.



## **About The Author**

Marty Weil is the author and creator of The 5-Minute Pre-game Warm-Up. Marty is a Titleist (TPI) Certified Golf Fitness Instructor, Certified Personal Trainer and near scratch golfer. He is also available for Golf Fitness clinics and seminars. For details, please [contact Marty](#).

Born in 1959, Marty's passions are golf, golf fitness (especially the pregame warm-up) and optimal health. Marty is the founder of [The Fitness Coach](#), a company providing golf conditioning and personal training services. His clients are both men and women, and range in age from 7 to over 70.

He is also passionate about helping his community and serves as the volunteer director of fitness at the [Bald Ridge Lodge](#), a non-profit intervention center located in Forsyth County, Georgia, which serves boys ages 12-17. Marty was recently [recognized for his charitable work](#) with the lodge, and a portion of the net proceeds from each book will be donated to assist them.



### *Credits:*

*Some of the content was supplied by the Titleist Performance Institute.*

### *Important Disclaimer:*

*Prior to engaging in an exercise and/or fitness program, including the information outlined in this document, consult with your physician and seek his or her advice. The contents of this document do not replace the advice from your physician or medical professional.*