

# “Get On the Right Track”

Over my past 30 plus years in the game of golf, the fastest way I have seen swings get off track is by poor alignment. While proper alignment seems very basic, most people tend to ignore its significance. When addressing the ball your feet, knees, hips and shoulders all must be parallel to your target line.

For a right handed golfer, if your alignment gets closed (aimed out to the right) it will cause you to swing over the top in order to pull the ball online. If your alignment gets open (aimed out to the left) it causes you to swing too far from the inside in order to push the ball out to the target. Ultimately we want a swing that enables the club to stay on plane and swing squarely down the target line.

When you watch Tour Players practice, more times than not you will see alignment rods down on the ground. This allows the player to ensure that they are always aligned properly. They adjust the rods when they switch clubs and targets.

Every year I download the “Masters App” on my iPad. It allows you special access to specific areas of the course. My favorite tab is titled “On the Range”. It is a 3 hour show starting around 6am that showcases the practice facility. On the left and right side of the driving range they have small flags placed in a row every 10 yards out to 100 yards. I watched Adam Scott warm-up hitting wedges to each flag. Every time he moved up one he adjusted his alignment rod. Later, when asked what he was working he said “grip, **alignment** and posture”. Touted as one having one of most mechanically sound swings on tour, he was focused on the basics.

While there are several different ways to setup your rods, here is my personal recommendation...

- 1. Place the Rod Half Way Between Your Toe Line and the Ball**
  - this will keep it from constantly moving due to footwork
- 2. Make Sure the Rod is Parallel to Your Target Line**
  - hold the club up at a 45% angle
  - it should run through the intended ball to be hit
  - the shaft of the club should then cover up the desired target (looking like railroad tracks)
- 3. Align Your Toes Parallel to the Rod**
  - the spacing between the right and left toes in relation to the rod should be equal
  - this will ensure that you are square to your target



For help to “Get On the Right Track” or any other area of your game please visit [www.brianflugstad.com](http://www.brianflugstad.com) to book your next lesson.

