



AFTON GOLF CLUB

Member

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Guy Dawson
Head Professional

Ball Position

Ball position could also be called feet position because ball position is where we place our feet (take our stance) in relation to where the ball rests on the ground. Once a golfer learns where their best ball position is located then the game gets a lot easier. We want to have the same ball position on almost all our shots so we can become intimately familiar with this magical spot. So here's the secret. The plane of a golf swing is really a large circle slightly tilted. As with any circle, there is only one top and one bottom point, and it is at this bottom point where we want our golf ball (ball position) on nearly every shot. So where's the bottom point? It's under the left arm pit, because our left hand is attached to the golf club at the highest point of the club. Said another way, on the downswing the club comes down, down, down, down and at one point hits "BOTTOM" then goes up, up, up, up. We want our golf ball at that one BOTTOM point just underneath the left arm pit for right-handed golfers or right arm pit for left-handed golfers. So remember, be consistent with your ball position, and the game gets a lot easier.

*Guy Dawson PGA
Director of Golf - Afton Golf Club*

Guy Dawson has owned and operated the Afton Golf Club for the past 21 years. He is a PGA Professional and Member of the Central New York PGA. Guy has been playing golf for 47 years and has given thousands of golf lessons. If you would like Guy to give you a quick, FREE lesson on how to position your golf ball, you can contact him at 607 639-2454 or guyedawson@yahoo.com.