

Articles and Tips - Foot Stability



◀ Stability is the ability to resist a change in body position when acted upon from an outside force. Can you maintain your body's spine stability from address through impact and into a finished balanced position?

If not, start from the ground up, check the stability in your feet. Dynamic balance is the ability to keep the center of gravity over the base support (feet) while the body is moving. When moving the center of gravity to the edge of the base support (feet), you will start moving in that direction. When responding to the force of the club, if your center of gravity moves outside the base of support (feet), you will become unstable.

This stroke save is simply on the left foot and it's stability or lack thereof. Does your left foot stay stable throughout your golf swing? Does it move, and if so, which direction? It can move incorrectly three ways during motion or a combination of all three. On simple terms, it can move incorrectly, side to side, rotational, and forward and back. Fix the most dominant mistake first!



▲ If there is too much rotational movement in the foot, practice off a dry erase board on socks with some pledge for more difficulty. Objective, don't let the foot rotate during the swing.

If there is too much lateral or side to side movement in the foot, practice off a golf club. In fact, this is a great way for fixing a sway on the backswing under the right foot. Objective, stay in the middle of the shaft with the foot, ankle, and knee during the swing. ▼



It is amazing, how, the more unstable the surface, the more stability you will get.
