



Increased Balance for Better Distance and Accuracy

Most would agree that a golfer needs decent core strength and flexibility to swing the club effectively but more often than not, good balance is often overlooked when one thinks of the physical components necessary to play a good golf. Balance is important in daily function but improving your balance can also lead to better scores on the golf course.

Poor balance can make it very difficult for the golfer to make consistent impact with the ball in the centre of the club face. Think about it; everything in golf (the club head, the ball) is so small and the swing happens so fast that even a slight loss of balance can result in a shot with a highly undesirable flight path and at best, a loss of distance. Even with a perfect lie, good balance is essential in order for the golfer to have efficient weight transfer and also gives the golfer a better chance of hitting the ball solidly, resulting in more accurate shots. This becomes even more evident when the golfer is faced with uneven terrain, tough side hill lies, or those crazy bunker shots we've all been forced to attempt where one foot is out of the bunker while the other is knee deep in sand.

The good news is that balance is highly trainable and by practicing your balance, it will improve. Start by working on your static balance by standing on one foot for as long as you can. Most people have better balance on one side, so be sure to practice your balance skills on both sides. Removing your shoes will also make this more challenging if necessary. Once you are proficient at this skill, you can work on your proprioception, or feel balance, by attempting this with your eyes closed.

You can then progress by trying to balance on an unstable surface. There are numerous tools that can be found at the gym for such purposes (physio ball, Bosu, balance cushions, etc) but you can even train this at home by standing on a pillow placed on the floor. Overtraining your balance in this way will force you to engage your core and will also help to strengthen all the muscles in your foot and ankle that help to stabilize you during the golf swing.

Finally, you may also want to consider booking a session with a golf fitness professional for assistance with developing your dynamic balance by adding some movement to your balance drills such as stepping, lunging, or even performing golf swings on the unstable surfaces.

Eventually, you should notice that you feel more grounded and will be able to generate more club head speed while making solid contact without losing your balance. Consequently, improving your balance should lead to an increase in distance and better accuracy, resulting in lower scores.

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