

Finding Balance In Your Golf

There have been many classic golf movies made in the last 20 years telling stories of great players in the history of golf, and fictional characters created by the minds of the writer. One movie that captivated many golfers around the world was the famous comedy called Happy Gilmore. A classic movie of how a fictional, wild ex-hockey player became a PGA Tour Champion with his extremely recognizable golf swing. Happy Gilmore, played by the renowned actor Adam Sandler, could hit the golf ball over 400 yards using a golf swing that many would consider “wacky.” Happy would run to the golf ball, taking 2 or 3 steps before swinging the club. If you have seen the movie, you most likely enjoyed watching his swing; and if you haven’t, I would highly suggest the movie if you enjoy the game of golf and are looking for a laugh.

Happy Gilmore was able to hit the golf ball so far because he developed extremely high club head speed and matched it with great balance and coordination. There is no way Happy could strike the ball the way he did without having great balance and coordination with his hands and feet. The following are 10 drills you can do to improve your balance and coordination in your golf swing.

#1: Standing with Counter Balance



Balance is all about the body’s ability to remain standing upright and still. A very simple way to test your balance is to learn that when a part of your body moves out of position to the point you are about to fall, another part of your body must be ready to counter balance. Go ahead and stand on your right leg, and tilt your body to the right, notice that your left leg will move out and away from your body to attempt to counter balance the falling sensation. Not only is this great for understanding your own balance in golf, players in other sports such as figure skaters, ballet dancers and basketball players use this everyday.

#2: Running into a Quick Stop

Giving yourself plenty of space to move, go ahead and take off into a dead running sprint. At full speed, try to stop your forward motion without losing balance. The ability to go from a dynamic motion and change into a static position with balance is important for balance. In the golf swing, we do this every time when we try to hold the finish of our golf swings with great balance.

#3: Jumping Onto A Bench



Find a very stable bench or chair that can easily support your body weight. Stand with your feet shoulder width apart, and jump up onto the bench. This is testing the body’s ability to go from a dynamic motion into a static position again. It will also help strengthen your body’s coordination with jumping and landing.

#4: Leg Swings



This stretch is great for warming up your legs for a round of golf, and practicing your counter balance abilities during motion. Use a golf club with one hand to keep your body steady, and swing your opposite leg back and forth 10 times, attempting to keep your body upright.

#5: Throwing a Ball



The motion of throwing a ball is very similar to the weight transfer we use in the golf swing. In a throwing motion, we need to step forward and throw our weight to the opposite foot of our throwing arm. For a right-handed golfer, we transfer our weight forward to our left foot during the downswing. In the photo, you will see me throwing an American Football. Using a Football, Baseball, Frisbee, or golf ball works great as well.

6: Hitting Golf Balls off of Balance Balls



Balance balls can be purchased at any fitness retailer, and are very useful in the golf swing. Challenge yourself by standing with the arches of your feet on the balance balls, and making golf swings. The better you get at this, the more consistent your foundation will be during impact, resulting in much better balance and ball striking.

#7: Tap Tap Tap

This is one of my favorite drills for teaching beginners



and juniors how to finish their swings on the left side with balance. Make your golf swing, and while holding your finish tap your right toe up and down on the ground. This will help you feel your weight balanced on the left side during the finish.

8: The Happy Gilmore



Taking a slow running start with your driver and try to hit the golf ball off of a high tee. If you are able to strike the ball square and hold your balance at the finish, you are sure to have the balance and coordination skills of one of our favorite movie characters of all time!

9: Learn to Juggle



Hand eye coordination is extremely important for being able to hit a golf ball well. Many will say that professional jugglers are some of the most coordinated people on planet earth! Start with learning to throw one ball up into the air and catch it. Switch to two balls once you have mastered one, and finally ending with being able to juggle three balls.

10: Bouncing a Ball On Your Sand Wedge



Many people have seen the famous Tiger Woods television commercial where he bounces a golf ball on his sand wedge, and flings it up into the air to hit the ball as it is making it's decent back to earth. This requires a high level of coordination, and is certain to impress your friends. Before you try to hit a moving golf ball, learn to bounce it on your wedge first. Be creative and try doing tricks with the ball. All if this will improve your coordination.

Always remember that just like you strive for balance in your life between work and play, golf is exactly the same. Better balance equals better and more enjoyable golf!