

## **Chapter 5 - Balance**

Balance represents the efficiency of the neuromuscular system, the nerves and muscles, in maintaining the alignment of the body. Improving balance will have several positive effects on the developing golfer:

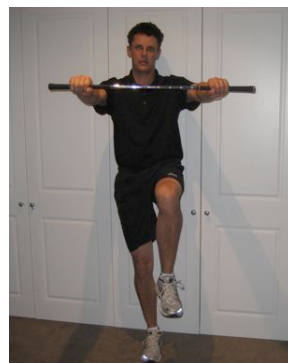
- improved control of body coordination movements
- improved control of posture
- improved control weight transfer in the golf swing

Balance can be trained with many different activities, and many of the more advanced exercises later in this manual, especially those involving single leg activities, will improve balance.

The following simple drills are the best place to start when working on balance. They move from simple to more difficult, and the golfer should not progress until they have mastered each drill.

### **Balance Drill #1 - Standing Balance**

- The golfer stands on 1 leg holding a club in front of them
- The golfer holds this position for 30 seconds
- The golfer must maintain a steady posture at all times



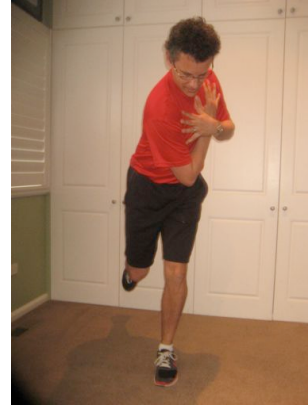
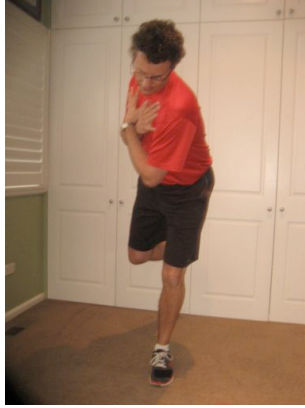
### **Balance Drill #2 - Golf Posture Standing Balance**

- The golfer stands in golf posture with arms across chest
- The golfer places all their weight through 1 leg and bends the other knee to 90°
- The golfer holds this position for 30 seconds
- The golfer must maintain a steady posture at all times



**Balance Drill # 3 - Golf Posture Balance with Shoulder Rotation**

- The golfer stands in golf posture, hands across chest and on 1 leg
- Maintaining a steady posture, the golfer rotates their shoulders side-to-side
- The golfer must keep the stance leg and foot stable throughout
- Repeat up to 15 rotations each way



**Balance Drill # 4 - Golf Posture Wind Mills**

- The golfer stands in golf posture, on 1 leg, with both hands in front of them and palms up
- Maintaining balance at all times, the golfer rotates their body and 1 arm behind them
- The golfer returns to starting position and repeats on the other side
- Repeat up to 10 rotations each way

