



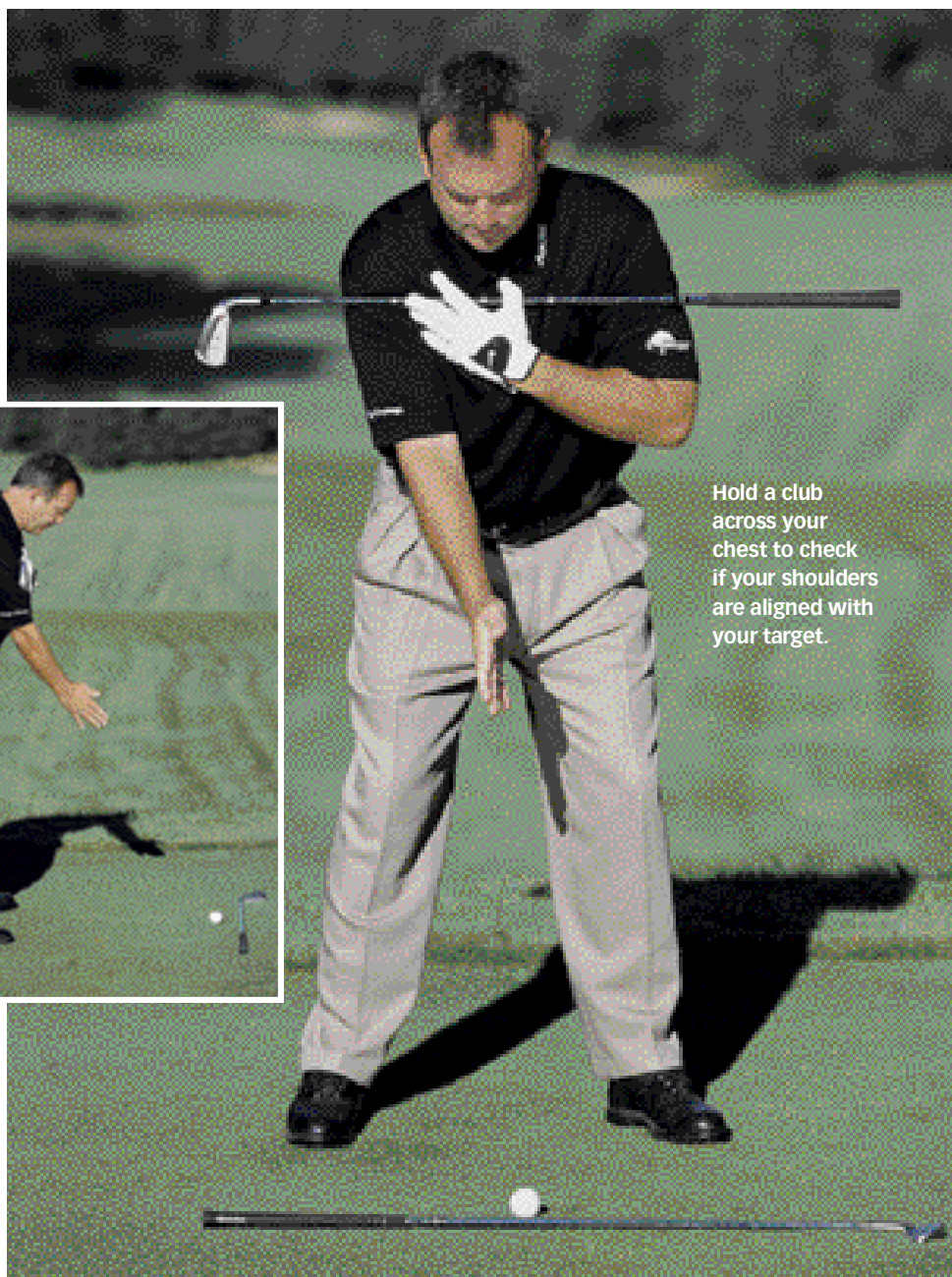
Rick's Practice Tips

To lock on target, align your shoulders, not your feet

When I ask students to address a golf ball and align themselves with a target, the first thing they do is check the position of their feet. But the key to alignment is to set your shoulder line parallel to the target line. The best players in the world may have an open or closed setup with their feet, but they usually have their shoulders parallel to the target line.

Too often players subconsciously misalign their shoulders to compensate for their usual hook or slice. But getting properly aligned is the first step to straightening out that swing.

Next time you're on the practice tee, pick a target and lay a club down next to the ball so it's pointing toward the target. Assume your normal address position and then take the club you are holding and place it across your chest as I'm doing here. If the club you are holding across your chest is parallel to the club on the ground, you're on target. 🏌️



Hold a club across your chest to check if your shoulders are aligned with your target.

Rick Smith, voted No. 5 by his peers in Golf Digest's ranking of America's 50 Greatest Teachers, teaches at the Treetops Resort, Gaylord, Mich., and Tiburón in Naples, Fla.