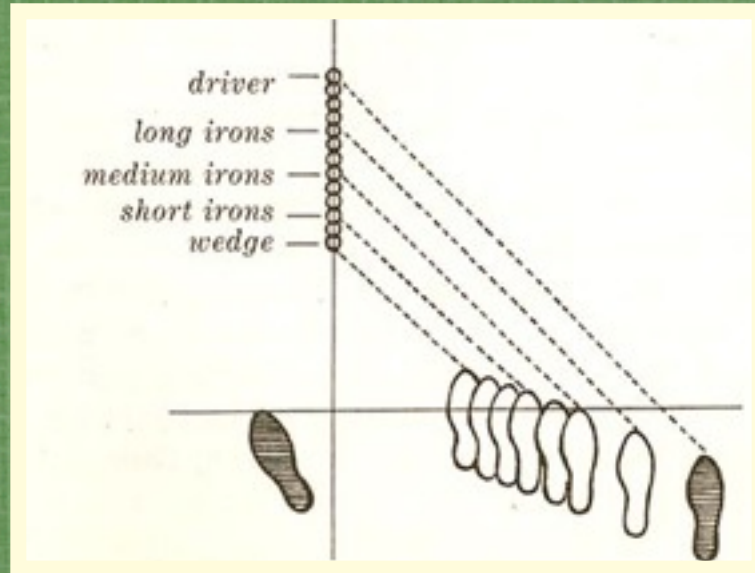


# Optimum Ball Position

FEBRUARY, 2011

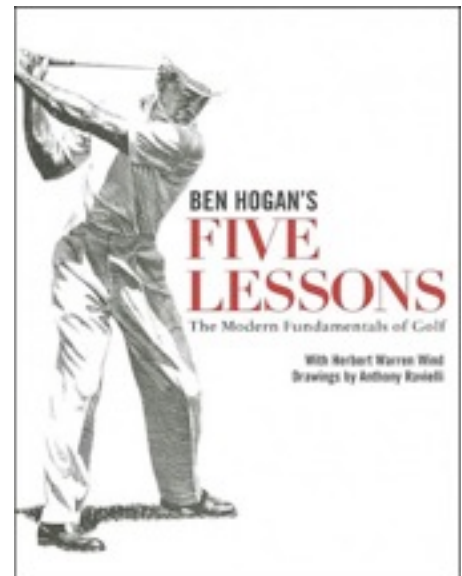
THE GOLFERS ACADEMY

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## Adopted from Ben Hogan positioning

An individual golfer may find the best ball position for his individual full swing by personal experimentation - swinging different clubs and seeing where the divot starts (which roughly indicates the lowest point of the swingarc). The ball should be positioned just behind the back end of the divot. Golfers who have a significant hip slide during the early downswing will need to position their balls more forward, compared to golfers who have little hip shift in the early downswing. Most golfers will probably find that their optimum ball position for most fairway clubs is approximately 3-4" inside the left heel. Golfers with a large amount of hip slide (or leg drive) in the early/mid downswing have to position the ball more forward, and they may even decide to adopt Ben Hogan's approach to ball positioning - he placed the ball just inside the left heel for all clubs, and he moved his right foot forward and closer to the ball line for shorter clubs.



*The Golfers Academy*  
905-335-9591

[www.thegolfersacademy.com](http://www.thegolfersacademy.com)