



SUMMER 2011

# VAIL VALLEY

M A G A Z I N E

## CHRIS DEL BOSCO

Vail local and champion

## GORGEOUS AND GREEN

A LEED-certified  
Edwards luxury home

## SPECIAL SECTIONS

*Style & The Healing Arts*

## BEHIND THE MEDALS

One officer's view of Richard Moreau

COMPLIMENTARY

VAIL

BEAVER CREEK

ARROWHEAD

CORDILLERA

AVON

EDWARDS

MINTURN



# FINDING YOUR ADDRESS POSITION

by Tom F. Stickney, Jr.

On tour for the last several years, there has been a paradigm shift in the set-up position and its subsequent effect on the shifting of the weight and the overall body position at the top of the swing.

In the not-so-distant past, players were taught to set up “behind” the ball. Over the last two to three years, there was a movement to “stack” the weight on the forward foot. The current trend is to keep the weight more centered before the swing begins.

Which is correct? What do these different set-up positions help to cure within the average players’ game? In this article we will examine these address and top positions using multiple camera views and your mirror in order to help you figure out which one is right for your game.

## SO MANY OPTIONS... SO LITTLE TIME!



### Use the right-leaning address position:

- if you tend to hit the ball too short,
- if you are barrel-chested or have little flexibility or
- if you want to raise your ball’s flight.

# ~~~~~ IN THE SWING ~~~~~



## Use the left-leaning address position:

- if you tend to hit fat iron shots,
- if you need more compression at impact or
- if you want to lower your ball's flight.



## Use the center-leaning address position:

- if you tend to hit the ball un-solid in general (fat and thin),
- if you need more balance during the golf swing or
- if you want a mid-range ball flight.

It is up to you, as the player, to find an address position that works best for your game. Experiment with these set-up positions in a mirror first and then on the range. I bet you will find a position that works best for you. ♦

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