



Talking in the 19th Hole

DRIVER. A player's address or setup is directly related to his level of play. It is not common to see a good player with a poor address or a bad player with a good address. Address distinguishes a good player from a bad one. A good player looks dynamic, athletic, relaxed and ready for action. In contrast, a bad player looks watery, not athletic, tense, and nervous.

Ken Venturi taught that "players don't lose their golf swing; rather, they lose their position in address." It is a reality that the shot is missed before starting the backswing

Good address is the foundation for a good swing. The elements of full swing address are:

1. The position of the club.
2. The aim.
3. The grip.
4. The posture.
5. The stance.
6. The alignment.
7. The position of the ball.
8. The waggle.

For details of these address elements, you can see this list of videos:

<https://youtube.com/playlist?list=PLCF9C512DABB35760>

<https://youtube.com/playlist?list=PLsYr1uC75ERjk5eSCfUtF10sCicXX9Bjz>



If the elements of the address are correct, the whole swing is more likely to flow correctly. For example, if the player takes the grip with his fingers and has a proper posture, he will most likely make a good shoulder turn on the backswing.

Out of several thousand classes that I have given, I only have the memory of one class where the student had the eight elements of address well: Manuel Villavicencio from the Vallescondido Golf Club. On the other hand, I have had hundreds of classes where students have errors in the eight elements of the address, which is understandable because a mistake in one part causes other elements to fall outside the generally accepted standards. Most of the pros agree with me that we will very rarely teach a class where we don't recommend an address change.

Any address change will influence the club during the swing. Even a slight deviation will cause swing offsets to be made and increase your chances of hitting bad shots. The golf swing is about action and reaction. What we do in address influences the backswing, downswing, and so on. It is a chain of reactions.

It is a known fact that the best players work very hard on their address. They know that the surest path to consistency is through disciplined address. Teachers must emphasize strongly enough the concept that address is the foundation of the swing. We must motivate players to work on their address for a few minutes a day. When I was a kid, I liked to swings in front of the glass windows of the Culiacán Country Club party room. He made swings modeling the swing of the good players of the club, among them Luis Pimentel, Abelardo Gómez, and Alfonso Maytorena, among others. What I did not like was that the birds smashed into the windows and died. I highly recommend modeling address and doing mirror swings. This is similar to what ballet dancers do to achieve the movements of their art.

We can all have a good address since it is the swing where we still do not hit the ball, so there are no problems caused when we hit the ball for real. There are different body types, but the address remains the same for everyone, whether they are tall or short, fat or skinny.

Great players' address looks different because it is defined by build, but they have a common denominator: athletic address. Athletic is an adjective that appropriately describes a golfer's address. In different sports, there are similar postures, which are known as universal athletic posture. With the correct address, you will be well balanced, your legs will feel alive, and you will be ready to move in any direction. I invite you to take the time to improve your address. **FORE.**

Mateo Melgar Ochoa – Golf Pro
www.handy.golf
www.youtube.com/jugargolf
mateomelgar1969@hotmail.com