

THE GOLF INSTITUTE AT FRASERVUE

Target Alignment

So many times in golf we forget that our objective is to propel a ball towards a target. We get so caught up in "trying" to *hit* the ball that we forget that what is most important is not the ball but the target.

Here is a tip to help you stay aware of the target throughout your full golf swing.

Pick a target either on the range or the golf course. Create a very clear picture of that target in your mind. Your visualization of the target should be so clear that you can still picture it when you look down at the ball. With this picture in your mind take a golf swing. REMEMBER don't ever lose the picture of the target from start to finish. You may find the golf ball becomes fuzzy to your eye or that you are no longer staring at the golf ball but merely gazing at it. If you can get into this state you are much more attached to the target and your body will eventually react accordingly.

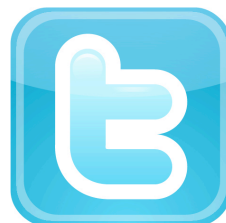
Target awareness is something most amateur golfers have not given much practice, however consider this statement: Most professional golfers stare at the target and glance at the golf ball; most amateur golfers glance at the target and stare at the golf ball. Food for thought!

- Tom Monaghan , TCCP Level 5, Head Golf Professional, PGA of Canada

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