

AIM AND ALIGNMENT ACCURACY FORM															
SHOT #	CLUBHEAD AIM			SHOULDERS			HIPS			KNEES			FEET		
	R	L	YD	R	L	YD	R	L	YD	R-	L	YD	R	L	YD
1.					√	20							√		10
2.					√	25							√		13
3.					√	15							√		15
4.					√	12								√	5
5.					√	18							√		10
6.					√	15								√	12
7.				√		5								√	8
8.					√	10								√	10
9.					√	20								√	5
10.				√		10								√	12
TOT.				2	8	150							4	6	90
						Ave: 15									Ave: 9

Golfers aim and align inaccurately, often by 10 to 70 yards on a target 200 yards away. When they start this experiment, they are often stunned at the direction they find their body misaligned and the number of yards it is off target. However, if repeated enough, this feedback exercise corrects the problem. The golfer should repeat it several times at each practice session in the future to maintain correct aim and alignment. This simple change often is enough to correct a long time errant ball flight pattern they produce.

Here is what to do. During every practice after you aim and align on a shot, place a club touching your heels. Step behind it to estimate your aim and alignment accuracy. Record the data for all aim and alignment errors. Recording the data in writing and maintaining such a record long term is what works.

Estimate the alignment error in yards at a specific target or at an *arbitrary point* on a target line that is always the *same* distance away, either 100 or 200 yards. In that way, the amount of error will be comparable from session to session. A target of 100 yards is preferable because it is easy to convert the error to a percentage. If you are misaligned 15 yards at a target 100 yards away, it is 15% error ( $15/100 \times 100 = 15\%$ ). But if the distance of the target varies frequently, the yardage figures are not comparable and calculating a percentage requires a calculator.

Align your body two feet to the left of the initial flight line you plan. It is two feet because that is about how far your shoulders and feet usually are from the ball. Ask someone to place a clubshaft lightly touching the tips of your shoulders. Ask that person to hold that shaft in the air *without moving it in the slightest*. Step back away from the club and walk directly behind the club. Sight the error and record the direction and yards of error. Your shoulders are the most important measure since they are closest to the arms and hands, which hold the club.

Repeat this until you can align within five or ten yards of the target, or whatever standard you want to meet, five alignments in a row. Continue this every time you practice. Aim and alignment improves. Once you align correctly, focus on the parts of your body that will give you a visual cue or feel, such as the left shoulder, Make specific notes on that for later recall.