

MASTER YOUR SETUP

Fundamentals of the Address Position



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Any questions regarding this books content can be sent to golfbyzach@gmail.com

Also, if you would like to email a photo or video of any current setup postion you may be struggling with, I would be happy to send you a short audio clip explaining if, and how, you need to make any adjustments.

Finally, I recommend downloading the app "OnForm" as a recording tool. I use it to record my golf lessons. If you connect with me via the app, you get a free membership and unlimited video sharing with me!

*My goal is to continue writing and making videos and sending them to all my players and anyone who may be interested in learning more about their game. Thank you for your support!

Schedule a Lesson: golfbyzach.booksy.com

The Grip

How you grip the golf club is the first fundamental every player needs to learn. For a right-handed golfer, the left hand will be on top. Securing the club properly in the lead hand, or left hand, is crucial for stability.

1. Grip the club as if you were going to shake someone's hand. (No dead fish or knuckle busters)
2. When you look down you should be able to see at least 2 Knuckles on your left hand.
3. The butt end of the club should be secure underneath the pad of your left hand, not lying in the palm of your hand. (See Pictures) Most common error with the lead hand grip position is too weak of a position, which means that the back of your hand is looking at the target too much.

The Right Hand (Trail Hand)

1. The right hand goes underneath the left and connects to the left via overlapping your left thumb inside of the right palm (Hotdog in a Bun), and either "Interlocking" or "Overlapping" the right pinky finger with your left index finger.
2. Your right thumb should rest slightly on the left side of the grip of the club while looking down at your hand position. Try to avoid placing thumbs straight down the grip of the club, which is a common mistake, because that creates unnecessary pressure points during the swing. Your left thumb should be on the right side of grip of the club, slightly, while secured in your right hand. (See Pictures)
3. Overall, you should be able to feel the grip in your fingers more so than your palms.

*Feel Free to email me a photo of your grip for direct feedback at golfbyzach@gmail.com - I can send you a short audio clip explaining your grip position and any recommendations of changes.



Notice that the logo on my glove is not aimed at the target. I mention that because many players begin with a "weak left hand" which aims more at the target. Also, notice my right hand is gripping underneath, not on top. The "V's" created between my thumbs and index fingers point towards my right shoulder. My grip is considered slightly "strong" as opposed to "weak" but it's a better place to start rather than starting with a weak grip position because a weak grip promotes more of an Open Club Face which contributes to many players *Slicing* the golf ball. Final Picture on the right shows the "Interlock Grip".

*Quick note about grip tension: If you can feel tension in your forearms, you are gripping too tightly. If your wrists feel wobbly, make sure nobody is close to you when you swing.. We don't want to yell FORE! because of a thrown golf club.