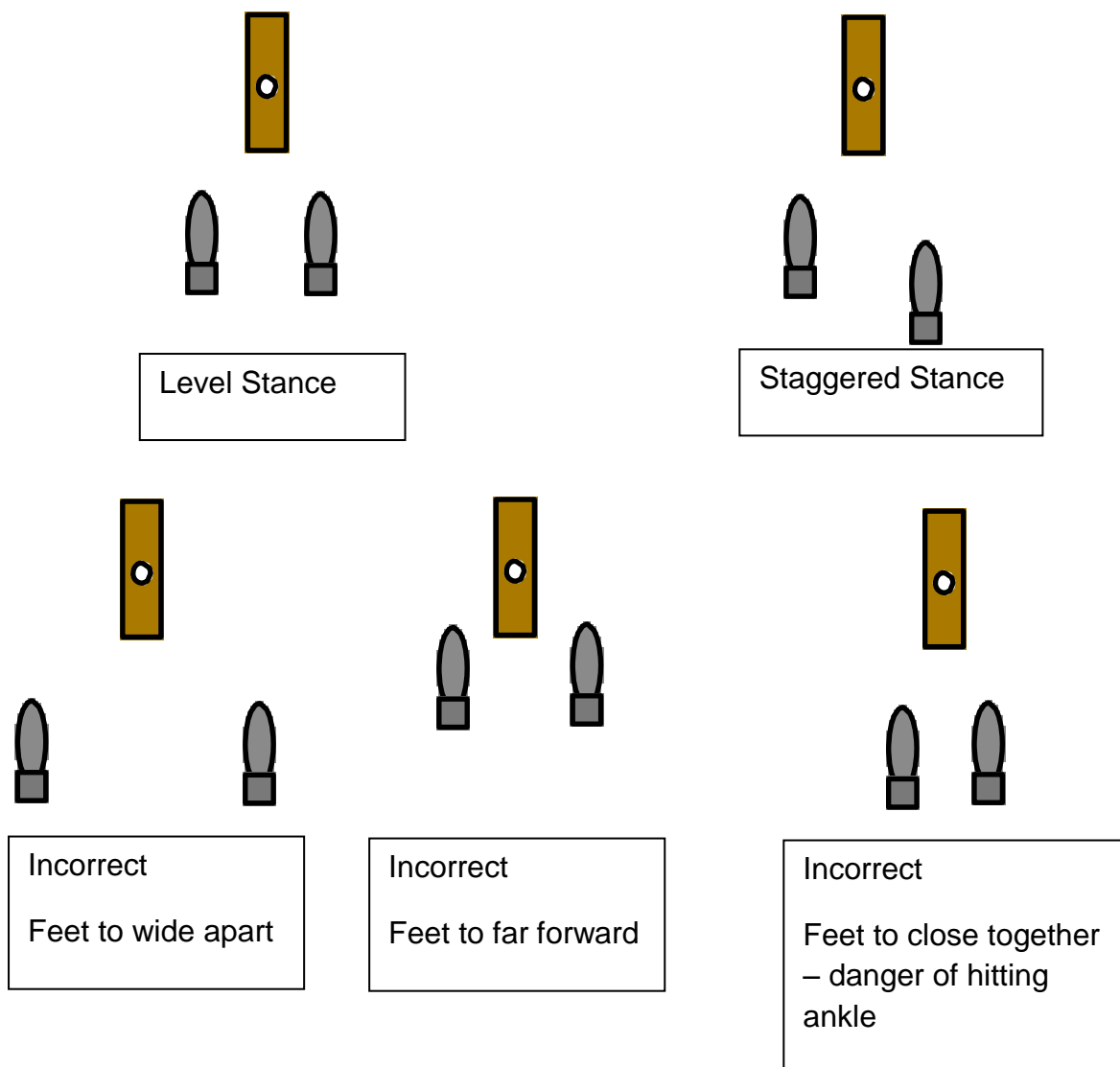


THE STANCE

Stand with feet about 8" to 10" (shoulder width) apart, both pointing straight ahead (i.e. parallel) or as near to this as comfortable. The stance can be level or staggered.

For the level stance the toes of both feet are the same distance behind the back face of the mallet - 1" to 3" (25 to 75mm), depending on the length of the mallet head. When addressing the ball the nose should be directly above the shaft of the mallet therefore eyes are directly over the ball, feet equal distance from the line through the centre of the mallet (which will be the line of swing (LOS) when hitting the ball).

For the staggered stance the forward foot is the same as the top hand on mallet.



Beginners have a strong tendency to stand much too close to the ball.

You will get a much better result if you stand at the prescribed distance, as standing too close hampers the backward movement of the arms in the backswing, in turn leading to a wristy action.