Free Golf Tips

Shank Fix Checklist

10 Checks

Right-handed golfer; left-handers swap left and right.
Tick each one at the range, then hit 10 balls at half speed.

- [ ] **1.** Don't stand too close: check a fist-width from the grip to your thighs.
- [ ] **2.** Weight in the middle of your feet, not on the toes.
- [ ] **3.** Ball in the centre of the face at address.
- [ ] **4.** Hips don't move toward the ball in the downswing.
- [ ] **5.** Keep your posture; no lunging forward.
- [ ] **6.** Takeaway not too far inside.
- [ ] **7.** Two-ball drill: a ball or tee just outside the ball; don't hit it.
- [ ] **8.** Grip pressure relaxed.
- [ ] **9.** Check the strike with foot spray or face tape.
- [ ] **10.** After a shank, hit a half-swing aiming for a toe strike next. Don't keep swinging hard.

More free checks by email: the First Round Fix tip sheet.
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