

5 Steps to perfect posture

1. Stance shoulder width apart in the heels
2. Weight into the balls of your feet and centred between your feet
3. Check your ball positions
4. Left arm straight allowing for the tilt of the shoulders. Leading shoulder higher than trailing
5. Not too much knee bend, so that it tips you back, keep the weight forward with only a small amount of knee bend
6. BONUS: Engage your core before hitting, ie tighten the tummy muscles before your shot

GOOD LUCK