



Elevated Heel Taps

Purpose:

This exercise improves balance and hip stability

Benefit:

This advanced drill will help the body obtain more balance throughout the golf swing.

Instructions:

Begin this drill by placing a Half-Foam Roller under your left foot. Having an array of markers out to one side, shaped in an half moon pattern, try and tap each marker gently with the heel of your right foot. Slowly go from one marker to the next keeping total body balance maintained. Always keep hips and torso squarely aligned forward. Once you get to the last marker in the backward direction, slowly proceed again in the forward direction. Repeat drill on opposite side in a slow and controlled fashion.

Quantity:

Do _____ reps _____ sets on _____ side(s).

