

**Task Analysis: Golf Stance**

**Visual Description:** Performer stands evenly with feet shoulder-width apart, slightly bent at the knees and tilted forward at the waist, eyes down and back straight. Gripping the golf club properly in both hands, his arms hang straight down in front of him, club head resting flat against the ground.

**Movement Sequence**

**Movement Cues**

- |  |                         |
|--|-------------------------|
| <b>1. Neutral Grip</b>                                 | <b>*V-Grip</b>          |
| <b>9. Square Blade to target line</b>                  | <b>Blade square</b>     |
| <b>2. Feet shoulder width apart</b>                    | <b>Feet apart</b>       |
| <b>4. Weight distributed evenly</b>                    | <b>Even balance</b>     |
| <b>3. Square feet, hips and shoulders</b>              | <b>*Square body</b>     |
| <b>5. Slight knee flexion and waist tilted forward</b> | <b>*Knees and waist</b> |
| <b>6. Keep back straight</b>                           | <b>Straight back</b>    |
| <b>8. Eyes down on ball</b>                            | <b>*Eyes down</b>       |

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\* = Four most critical points

**COMPLEXITY VARIABLES**

**LEARNER:** Beginner

**SKILL:** Discrete

**ENVIRONMENT:** Closed

**CHECKLIST:**

Student	V-grip	Square Body	Knees & Waist	Eyes Down
1				
2				
3				
4				