Driver Fundamentals: Mastering the Tee Shot

Key Concepts Covered

- The goal as a beginner is not distance, but putting the ball into play off the tee.
- Setup posture should be athletic and balanced-feet shoulder-width apart, weight 50/50.
- Ball position should be forward in your stance-just inside your lead heel.
- Tee height matters: tee the ball so half of it is above the driver's crown.
- A slight upper-body side bend helps promote an upward swing path.
- Grip pressure should be relaxed-not tight-to avoid tension in the swing.
- Backswing should include a full shoulder turn with relaxed arms, shifting weight to the trail leg.
- On the downswing, shift weight to the lead foot and allow for a smooth, high finish.

Pro Tips

- Teeing the ball too high = pop-ups. Too low = topped shots. Find the midpoint sweet spot.
- Your best tee shots come from rhythm, not force-let the swing flow.
- Confidence with the driver starts with consistency, not power. Get it in play first.

Next Step: Watch the 'Driver Fundamentals' video in your Golf4Biz Learning Center