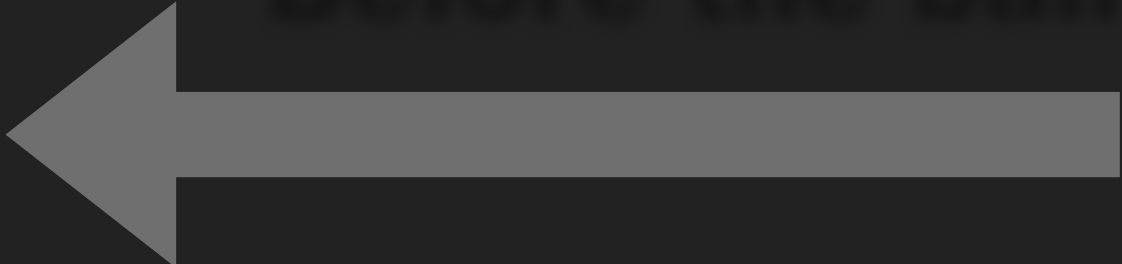


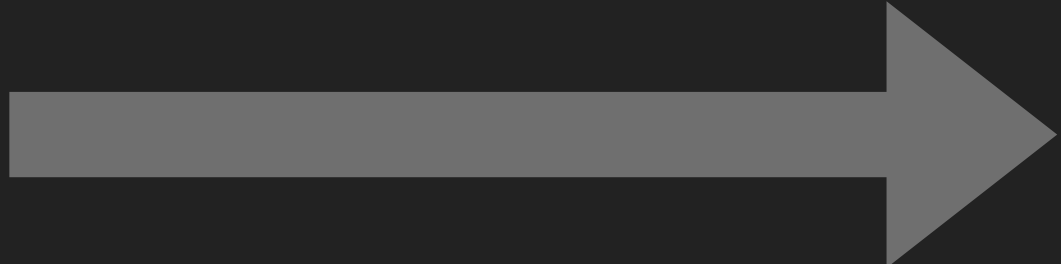
OVERALL BELIEFS AND WORDS

- ▶ **Margin for error**
- ▶ **Take control of the outcome**
- ▶ **Neutral movement that allows adaptability for every situation**
- ▶ **A technique that is functional in pressured situations**

Back
Trail
Back in stance
Away from target
Before the ball



Front
Lead
Forward in stance
Towards target
After the ball



THE STANDARD SETUP

- ▶ **Stance width: 1 club head between heels, 3 between toes. Lead foot turned out 30-40 degrees**
- ▶ **Weight distribution: 55% to the lead side, 45% to the trail side**
- ▶ **Ball-position: Under sternum**
- ▶ **Arms: Hanging loose, straight down from the body**
- ▶ **Hands: Outside inner lead thigh**

THE STANDARD BACKSWING



- ▶ **What moves the club: Combination of body-rotation and wrists ,OR just body-rotation.**
- ▶ **Swing on plane**
- ▶ **Allow the clubface to open up**
- ▶ **Your head is moving down and forward a tiny bit**

THE STANDARD DOWNSWING AND FOLLOW-THROUGH

- ▶ **Head moving up and towards target (body extending and turning + weight moving forward)**
- ▶ **Trail heel lifting of ground**
- ▶ **Club-face staying open**
- ▶ **Match release-type with your preferred style from the backswing**
- ▶ **Keep grip-pressure light**
- ▶ **Hands moving upwards**

HOW TO PRACTICE YOUR TECHNIQUE



- ▶ **Remember, all before-mentioned key points are for a medium height trajectory chipshot.**
- ▶ **These are baseline checkpoints - from here most of the key points will be changed in order to fit different shots (lies/slopes etc)**
- ▶ **Now: Go out on the practice area and test it out - Use video to record your swing and compare to pictures / videos from this course.**

EXTRA: THE GEOMETRY OF THE CHIPPING MOTION

The Geometry of the Chipping Motion

(right handed player)

- ▶ **Centrum om the swing: Left shoulder.**
 - ▶ **Can move up/down, towards / away, etc.**
- ▶ **Radius of the swing: Distance from left shoulder to clubhead.**
 - ▶ **Can become shorter / longer.**
- ▶ **The relationship between these two gives you a certain club-ground contact/ interaction.**



DISTANCE CONTROL – PART 1 – CARRY DISTANCE / LANDINGSPOOT

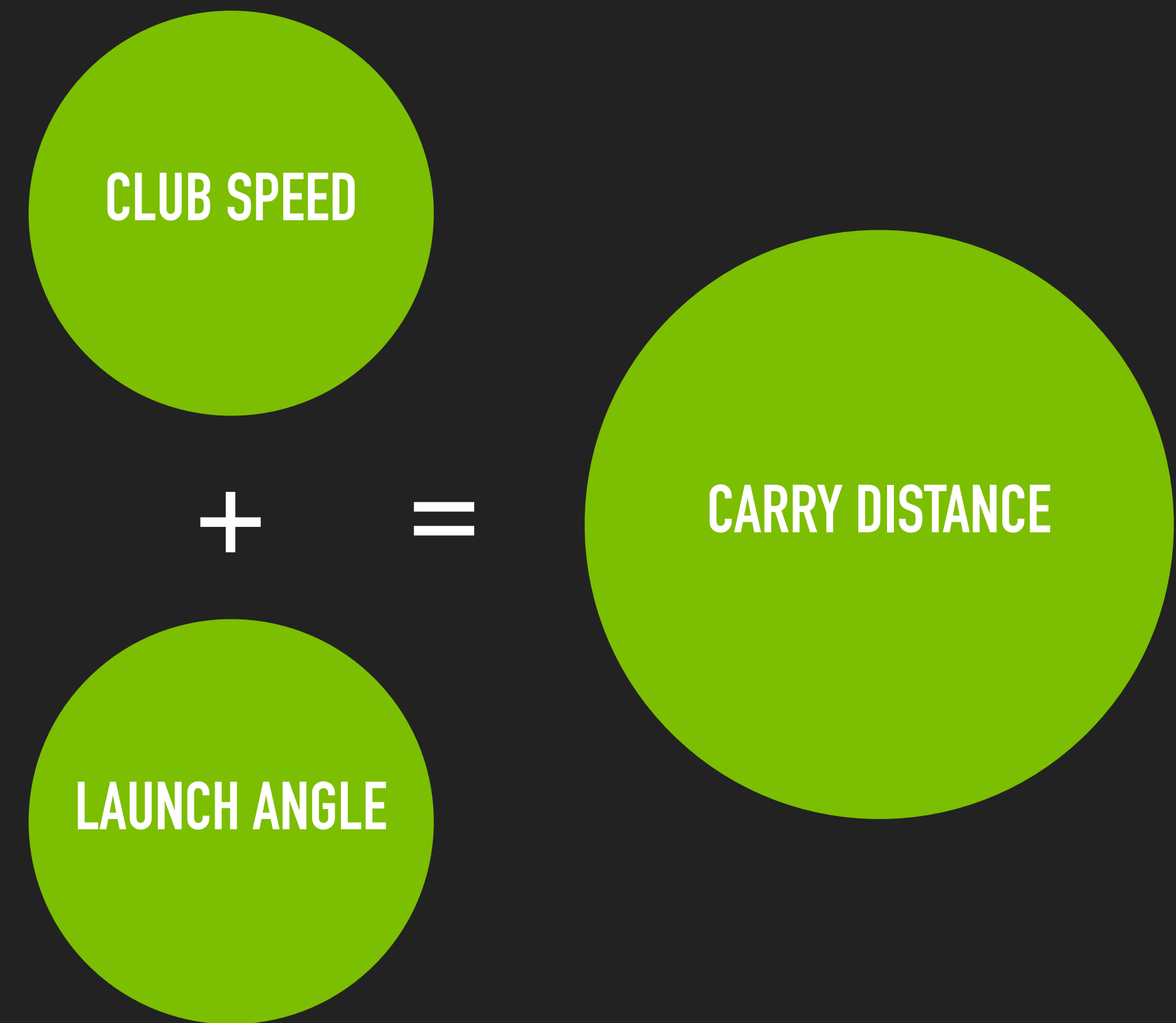
**2 things that controls the landingspot/
carry distance:**

1. Launch angle

- ▶ **Club selection**
- ▶ **Shaft lean**
- ▶ **Face angle**

2. Club speed

- ▶ **Swing length**
- ▶ **Acceleration**





DISTANCE CONTROL – PART 2 – CONTROL THE ROLL OF THE BALL

3 things that controls the amount of roll on the ball:

1. Landing angle (this is the main way we control the roll of the ball. The landing angle is change dby changing the height of the shot)

▶ **Steeper: Less roll**

▶ **Flatter: More roll**

2. Surface

▶ **Green**

▶ **Fairway**

▶ **Rough**

3. Backspin

▶ **Only for highly skilled players**



INTRO TO HEIGHTS

- ▶ **Changing the height of a shot changes the landing-angle, which changes the amount of roll on the ball. This is the reason why we want to be able to hit a chip-shot in many different heights.**
- ▶ **Hit the ball lower than the standard middle trajectory shot: Take a lower lofted club.**
- ▶ **Hit the ball higher than the standard middle trajectory shot: Apply changes in setup, or apply swing mechanics.**

MAKE THE BALL GO LOWER



Lower

1. Use a lower lofted club

Or:

2. Setup:

- ▶ **Ball back in stance**
- ▶ **Hands further forward**

• **Swing mechanics:**

- ▶ **Finish with hands far away from body (hands forward)**
- ▶ **Close clubface in backswing**

MAKE THE BALL GO HIGHER



World Of Short Game

Setup changes

- 1. Open up club-face**
- 2. Fix direction by either:**
 - ▶ **Aim left with body**
 - ▶ **Lower hands:**
 - ▶ **Wider stance (move back foot out)**
 - ▶ **Move further away**
 - ▶ **Bend knees more**

Swing mechanics

- 1. Open up club-face in the backswing**
- 2. Finish with your hands close to your front pocket**

TIPS AND DRILLS TO HEIGHT-CONTROL



When changing the height:

- ▶ **Make sure to match body motion with wrist motion (centrum / radius relationship)**
- ▶ **See club selection, setup adjustments and swing mechanics as buttons that changes the trajectory - use the buttons that fits the situation and that you like the best**

Practice the 5 different trajectories

- ▶ **High**
- ▶ **Middle-high**
- ▶ **Standard / middle**
- ▶ **Middle-low**
- ▶ **Low**

SLOPE ADJUST: UPHILL SHOT



Standard trajectory

- 1. Standart setup, with most weight on front foot**
- 2. Let the body rise through the downswing and follow-through**

High trajectory

- 1. Setup:**
 - ▶ Wider stance**
 - ▶ Tilt upper body with slope**
 - ▶ Ball-position forward of sternum**
- 2. Keep weight on back-foot during the swing**

SLOPE ADJUST: DOWNHILL SHOT



1. Setup:

- ▶ **Wider stance**
- ▶ **Tilt upper body with slope**
- ▶ **Ball under sternum**
- ▶ **Most weight on the front foot**

2. Swing mechanics:

- ▶ **Hold the wrist hinge for a longer time on the downswing**
- ▶ **Hands moving away and down relative to body in downswing and follow-through.**

3. Keep in mind the ball will fly lower than usual

SLOPE ADJUST: BALL ABOVE FEET



Ball above feet:

- 1. Make radius shorter: Grip further down on the club.**
- 2. Move centrum further away from the ball: Stand up taller.**
- 3. Aim more to the right (right handed player)**

SLOPE ADJUST: BALL BELOW FEET



World Of Short Game

Ball below feet:

- 1. Make radius longer: Grip all the way up on the club.**
- 2. Move centrum closer to the ball:**
 - Bend forward in hips**
 - Bend in knees**
- 3. Keep the hight of the body during the swing**

EXTRA - THE GEOMETRY APPLIED TO SLOPES



Ball below feet: The club is “too far over the ball/ground)

- 1. Make radius longer: Grip all the way up on the club.**
- 2. Move centrum closer to the ball:**
 - Bend forward in hips**
 - Bend in knees**

Ball above feet: The club is “too far under the ball/ground)

- 1. Make radius shorter: Grip further down on the club.**
- 2. Move centrum further away from the ball: Stand up taller.**

LIE EVALUATION



World Of Short Game

Lie evaluation

1. Does the clubhead has a free path into the ball?

- ▶ Adapt the “Attack Angle” or the “Club Path”.

2. How much grass will be caught in-between clubhead and ball?

- ▶ Adapt the clubhead speed.

3. How high is the ball placed relative the to the ground?

- ▶ If the ball is placed high relative to the ground, change the height of the bottom of the swing (grip further down)
- ▶ If the ball is placed low/close to the ground, check if the leading edge can get underneath the equator of the ball.

THE 3 STEP SHOT SELECTION PROCESS

Step 1

Read the lie

- ▶ **As described in previous lecture.**
- ▶ **How does this lie affect your options in your shot selection?**

Step 2

Find a good landing spot

- ▶ **Check next lecture.**

Step 3

Match trajectory to the landing spot

- ▶ **Visualize the flight and roll of the ball.**

LANDINGSPOT



World Of Short Game

Landingspot

- ▶ **Size of landingspot: As big as possible**
- ▶ **Pick a landingspot where you can predict the jump of the ball**
- ▶ **Difficulty of shot: Pick the shot that YOU think is the easiest!**
- ▶ **It is the combination of the 3 above factors that gives you the best possible landingspot**



BEST POSSIBLE LANDINGSPOT
REMEMBER THIS IS PERSONAL!

ALL APPLIED: EXAMPLE 1



- ▶ **Club: 60 degree wedge.**
- ▶ **Setup: Adjustments for the middle-high shot:**
 - ▶ **Open up club-face**
 - ▶ **Fix direction by lowering the hands (wider stance, move further away, bend knees more)**
- ▶ **Swing mechanics: Finish with your hands close to your front pocket**

ALL APPLIED: EXAMPLE 2



- ▶ **Club: 50 degree wedge.**
- ▶ **Setup: Adjustments for the middle-low shot:**
 - ▶ **Ball back in stance**
 - ▶ **Hands further forward**
- ▶ **Swing mechanics:**
 - ▶ **Finish with hands far away from body (hands forward)**

ALL APPLIED: EXAMPLE 3



- ▶ **Club: 60 degree wedge.**
- ▶ **Setup: Adjustments for the high shot:**
 - ▶ **Open up club-face**
 - ▶ **Fix direction by lowering the hands (wider stance, move further away, bend knees more)**
- ▶ **Swing mechanics:**
 - ▶ **Open up club-face in the backswing**
 - ▶ **Finish with your hands close to your front pocket**

ALL APPLIED: EXAMPLE 4



- ▶ **Club: 60 degree wedge.**
- ▶ **Standard middle flight.**
- ▶ **Lie adjustments:**
 - ▶ **Steeper attack-angle by moving the ball a bit back in the stance.**
 - ▶ **Add a little more speed.**

ALL APPLIED: EXAMPLE 5



- ▶ **Club: 60 degree wedge.**
- ▶ **Standard middle flight.**
- ▶ **Slope adjustments:**
 - ▶ **Make radius longer: Grip all the way up on the club.**
 - ▶ **Move centrum closer to the ball:**
 - ▶ **Bend forward in hips**
 - ▶ **Bend in knees**

ALL APPLIED: EXAMPLE 6



- ▶ **Shot 1 (wrong decision):**
 - ▶ **Club: 50 degree wedge.**
 - ▶ **Standard setup and swing mechanics.**

- ▶ **Shot 2:**
 - ▶ **Club: 60 degree wedge.**
 - ▶ **Standard middle flight.**

ALL APPLIED: EXAMPLE 7



World Of Short Game

- ▶ **Club: 60 degree wedge.**
- ▶ **Lie adjustments: Ball placed high in grass, grip a little further up on the club.**
- ▶ **Setup: Adjustments for the high shot:**
 - ▶ **Open up club-face**
 - ▶ **Fix direction by lowering the hands (wider stance, move further away, bend knees more)**
- ▶ **Swing mechanics:**
 - ▶ **Open up club-face in the backswing**
 - ▶ **Finish with your hands close to your front pocket**

ALL APPLIED: EXAMPLE 8



- ▶ **Club: 60 degree wedge.**
- ▶ **Lie adjustments: Tree in the way of the club-path.**
 - ▶ **Swinging more from the inside to avoid tree.**
 - ▶ **Closing clubface to fix direction.**

HOW TO PRACTICE



How to practice:

- 1. Drop the ball (random lies)**
- 2. Hit different shots all the time**
- 3. Reward for good shots**
- 4. Consequence for bad shots**

DRILL 1



Carry Distance Drill

- ▶ **Create 5 zones with sticks/clubs**
- ▶ **Carry ball in zone 1-2-3-4-5. If a zone is missed, aim for the previous one.**
- ▶ **Can be varied in all distances.**
- ▶ **Use different clubs / hit different heights.**

DRILL 2



Visualize your shot

- ▶ **Hit random shots around the green.**
- ▶ **Drop the ball.**
- ▶ **Before hitting a shot, place a tee at your picked landing spot.**
- ▶ **Hit a shot, and readjust either the tee or the trajectory, if the ball didn't ended up close to the hole.**

DRILL 3



Performance game

- ▶ **Play 9 holes, 3 easy, 3 medium, and 3 difficult.**
- ▶ **One hole is made out of 3 shots.**
- ▶ **X is the distance you need to hit the ball within.**
 - ▶ **0/3 shots within X: Double bogey**
 - ▶ **1/3 shots within X: Bogey**
 - ▶ **2/3 shots within X: Par**
 - ▶ **3/3 shots within X: Birdie**

BONUS: BACKSPIN – THE 3 FACTORS



The 3 factors

- ▶ **Club speed**
- ▶ **Spin loft**
 - ▶ **The angle between the Attack Angle and the Dynamic Loft**
- ▶ **Friction**
 - ▶ **The amount of “grabbing-effect” the grooves of the wedge manages to get in the ball.**

BONUS: BACKSPIN – THE DEEPER UNDERSTANDING



World Of Short Game

The 3 factors

▶ Club speed

- ▶ Higher clubspeed: More spin

▶ Spin loft

- ▶ Higher spin loft: More spin, up to a certain point (the friction break point)

▶ Friction

- ▶ 3 kind of factors determines the amount of friction:
 - ▶ Factors you can control
 - ▶ Factors you can try to control, but is very difficult.
 - ▶ Factors you can't control

▶ Can control:

- ▶ New grooves, premium ball, dry and clean clubface.

▶ Can try to control:

- ▶ Impact-location in the clubface.

▶ Can't control:

- ▶ Wet and dirty ball, wet grass, bad lie.

BONUS: UNDERSTANDING BOUNCE AND GRINDS



Bounce:

- **An angle that tries to prevent the club for digging into the ground.**
- **High bounce: Lots of help to prevent this.**
- **Low bounce: Not a lot of help to prevent this.**
- **Needs to match the conditions you play under and your style of play.**

Grinds

- **The way the material under the club is designed.**
- **Needs to match your style of play (do you use the club creatively / hits only standard shots)**

BONUS: THE 5 TRAJECTORIES

