

SHORT GAME

PUTTING DRILLS

Statistics show that *43% of your score comes from putting.*

There are two factors that determine whether the ball will go in the hole: 1. Speed 2. Aim

Of the two, speed is much more important. You could have a putt right on line to the hole but either leave it 20 feet short or leave it 20 feet by the hole. It's much more important to judge speed to lag the ball up within a 3 foot circle of the hole. Use the following set-up, drills, and routine to improve your putting.

Use the following set-up to hit more solid putts

- ? Make sure the putter head is aligned perpendicular to your target line, (path that putter head swings on and clubface form right angle).
Drill: Use 2 clubs set parallel on ground to putt between.
- ? Eyes over ball, so you are looking down the line the ball is rolling on.
Drill: Drop a ball from bridge of nose. Keep your eyes looking at the ground during the stroke. (Head Still– Look for “burn”)
- ? Wide stance, feet in “cement”, keep lower body still.
- ? Keep wrists quiet (grip in palms), use shoulders/arms to swing putter in a pendulum motion, swing thru and hold your finish.



Use the following drills to improve your putting

- ? **Putting tree drill:** Use a putter's length starting from the hole to set up 3 foot / 6 foot / 9 foot / 12 foot / and 15 foot putts. See how many 1 putts you make, if you miss have the ball finish 1 – 2 ft behind hole. Putts that fall short of the hole never have a chance to go in, where as putts that go by the hole may drop in.
- ? **Wide hole drill:** Place a ball on either side of the hole. Start at 3 ft away and putt ball into hole between the 2 balls, gives you the feeling of the target being bigger.
Remember a 3 foot putt and a 250 yard drive = the same 1 stroke, so practice these short putts.
- ? **Rubber band drill:** Place a rubber band on either side of the sweet spot on your putter, make putts, if you miss the center of the putter face the ball will roll off line.
- ? **Wheel drill:** Place tees 2– 3– and 4 feet from the hole around four sides of the hole, make each putt, go around till you have puttied all four sides. This finishes one wheel, you must complete five wheels without a break. This helps with your concentration and managing emotions.
- ? **Ten footers:** Putt 10 balls from 10 feet on 4 different sides of the hole. Ask for more– make 4 out of 10. Plan the miss to be high side of hole about 2 feet past the hole.
- ? **Chalk line:** Putt on a chalk line 8-10 feet out from the hole. Visualize this line when putting.

Use the following routines for better putting

- ? Mark ball on the green, clean off any mud, place ball back on green using the writing on golf ball to aim to target. Develop a routine for breathing (in when looking at target, out before you swing).
- ? Read greens with a “bucket of water” in mind. Picture the hole as a clock, imagine the ball rolling in.
- ? Feel the green as you walk on it– is it firm, soft, or spongy. This may help in assessing speed.
- ? Use the same routine for every putt- whether it's 30 feet or 3 feet. i.e. practice swings, etc.

□ Notes:

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PUTTING PRACTICE

OVER THE BALL

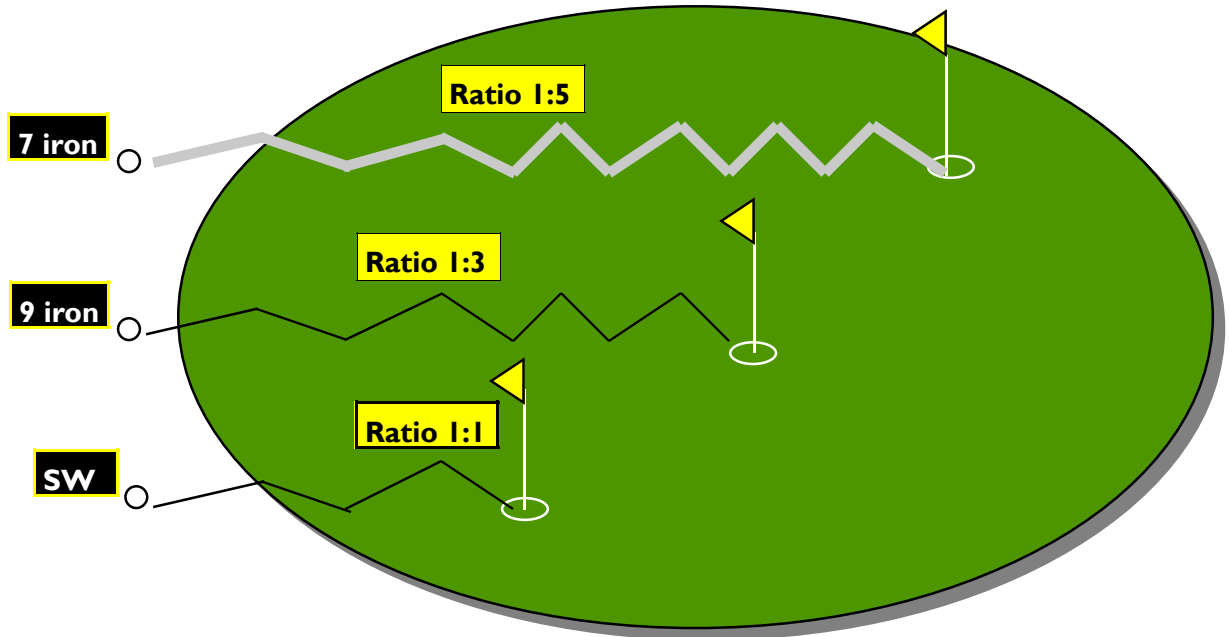
1. Feet in Cement– weight is balanced even heel to toe.
2. Set hands on club the same pressure as during the motion (Palms)
3. Breathe
4. Look at the hole an extra 1/2 second– allows time for your mind to go there and come back
5. Feel the finish of the motion– HOLD!
6. Plan the miss– high side, past the hole within 3 ft.
7. Call the make– use the clock on the hole, call the time the ball will roll in the hole (7:00)
8. Call your putt without looking– in, long left, short right, etc.
9. Stay looking at the grass after the ball leaves (look for the burn) Listen for ball to drop!

<u>PUTTING PRACTICE (12 Putts per activity)</u>	<u>RECORD # OF PUTTS MADE</u>		
• Putt looking at the hole	6 feet -	12 feet-	
• Putt eyes closed	6 feet-	12 feet-	
• Putt left hand only	6 feet-	12 feet-	
• Putt right hand only	6 feet-	12 feet-	
• Call the outcome of the putt without looking	6 feet-	12 feet-	18 feet-
• Putt 12 balls even or past hole on the high side, within 2 ft. If one is short you start over		18 feet-	
<u>TOTAL = 144 putts/week—Keep track of the number made for each activity!</u>			
TOTAL-			

SHORT GAME

CHIPPING

CHIPPING - by definition is a shot that has maximum ground time and minimum air time. Use this shot when close to the edge of green, but not yet on the putting surface. Use all your irons to chip with, figuring out the ratio based on the clubs below:



The loft on the face of the club dictates how much roll out there is. The roll out may vary based on the speed of the greens and or if the chip is uphill or downhill.

Use the following set-up to create the proper chip technique:

- Choke down on grip, narrow stance, soft grip pressure and relaxed arms.
- Weight 60% over target foot, hands forward (in front of ball- lowercase y) (Lean on wall)
- Ball position across from trail foot.

Use eyes to program feel of swing, Stare at landing area and the hole, which do you stare at last for best result.

Use the following swing feelings to create a solid chip motion:

- Low follow through and finish.
- Keep back of target wrist swinging through impact
Target wrist points to target. (Two club drill)
- Keep your nose in line with the front of the golf ball throughout stroke and especially at impact.
- Swing back of target wrists back and move shoulders back & thru as if putting.
- Smooth and even swing tempo throughout stroke

- Drills-** 1. Feet criss cross stay balanced hit chips (sternum pivot)
- 2. Two clubs (extend 2nd club butt end by hip)
- 3. Awareness Drill- Watch shadow of ball separate and come back together as it STOPS rolling

SHORT GAME

SCORING DRILLS AND TIPS

Using your basic chipping or pitching stroke, experiment with the variables listed below to increase the amount of release or hold needed on a shot.

RELEASE- (more roll, run)	HOLD- (soft landings)
<input type="checkbox"/> Ball positioned more off trail foot.	<input type="checkbox"/> Ball positioned more off target foot.
<input type="checkbox"/> Handle of club ahead of clubface.	<input type="checkbox"/> Handle of club in line with the back of the ball
<input type="checkbox"/> Stand close to ball so heel of club is slightly off the ground.	<input type="checkbox"/> Sole the bottom of the club flush with the ground.
<input type="checkbox"/> Maintain weight on target foot 60%.	<input type="checkbox"/> Maintain weight on trail foot 60%.
<input type="checkbox"/> Low follow thru and finish.	<input type="checkbox"/> Extremely soft grip pressure and no forearm tension.
	<input type="checkbox"/> Higher finish with clubface facing skyward.

Before selecting your club and shot, consider the following variables:

1. The Lie (Two of the most common bad lies)

If the lie is hard pan, tight, or wet and sloppy -

- Stand closer
- Get the heel slightly off the ground at address position
- Position ball off trail foot
- Use the chip and run or pitch and run shot
- Club selection will vary from 7 iron to sand wedge depending on how much green you have and if you have the ability to bump the ball short of the green.

If the lie is high grass -

- Use 56 or 60 degree wedge
- Open the face
- Ball positioned off target heel
- Handle of club at the back of the ball
- Perform lob shot

2. Hole Location

- Roll the ball on the green whenever the situation allows you to. Select a 7 or 8 iron when you have more green.
- Select a pitching or sand wedge for shots that have little or no green to work with.

3. Slope of the ground

(Continued next page)

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SCORING DRILLS AND TIPS

3. Slope of the ground

- Is it a level lie or is it an uneven lie?
- Will the slope of the ground cause the ball to elevate more and roll less?
- Will the slope of the ground reduce loft and increase release?
- Your club selection will vary depending on the lie.
- Precise attention to ball position will assist in better results.

4. Wind direction and strength (can influence)

- How much or how little the ball will roll.
- How far a pitch or lob shot will carry in the air.
- If in a 15mph+ (left to right or right to left wind) Play more break to account for the winds influence. Consider the type of shot and club to use due to windy conditions.

5. The grass height between your ball and the edge of the green

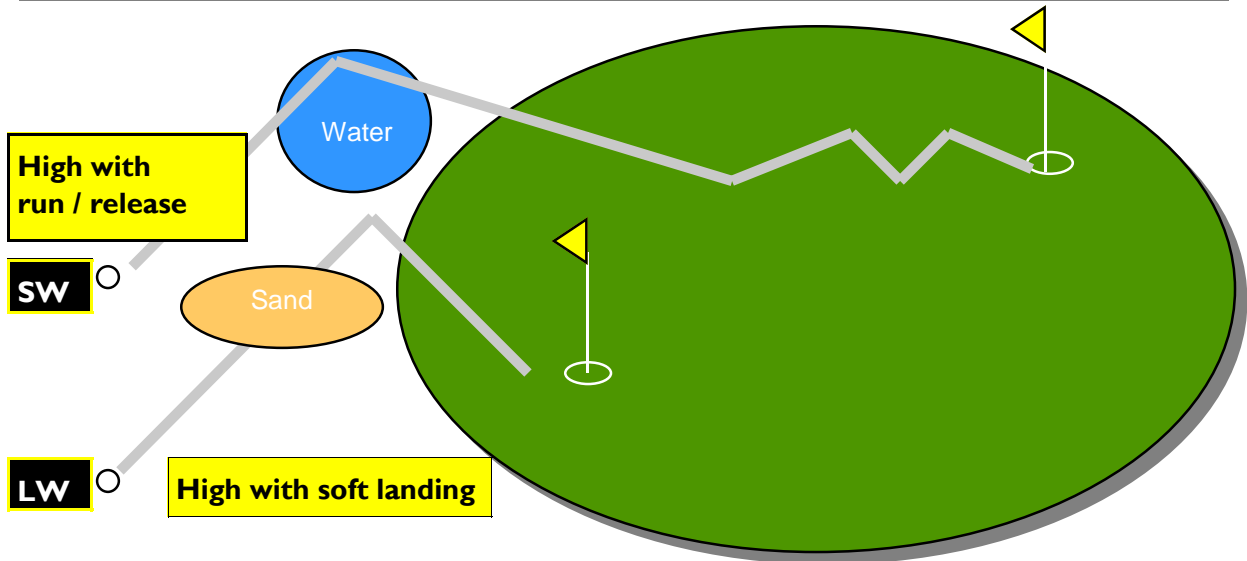
6. Elevation change

- How much of an elevation change is there between your ball and the edge of the green?
- Does the elevation change merit a club selection change?

SHORT GAME

PITCHING

PITCHING - by definition is a shot that has maximum air time and minimum ground time. Use this shot when further from the green, and you need to fly the ball over a bunker, trees, water or grass. Use LW, SW, or PW to pitch with. Figure out the carry distances of each by using the various setup positions listed below:



The more *loft* on the clubface the higher the ball will fly.
You can also adjust your setup to make the ball fly higher and land softer, or lower and more run/release.

Here are various set-up positions to use when pitching:	Chart your yardages:	LW	SW	AW	PW
<input type="checkbox"/> Ball positioned more off target foot, handle of club back behind the ball.	1/2 swing (9 to 3 on a clock) 3/4 swing (10 to 2 on a clock) Full swing (11 to 1 on a clock)	_____	_____	_____	_____
<input type="checkbox"/> Ball positioned in middle of feet, handle of club in line with the ball.	1/2 swing (9 to 3 on a clock) 3/4 swing (10 to 2 on a clock) Full swing (11 to 1 on a clock)	_____	_____	_____	_____
<input type="checkbox"/> Ball position across from trail foot, handle of club in front of the ball (lowercase y)	1/2 swing (9 to 3 on a clock) 3/4 swing (10 to 2 on a clock) Full swing (11 to 1 on a clock)	_____	_____	_____	_____

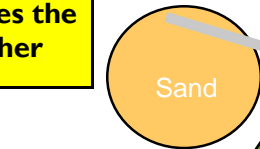
Drills– 1. Line drill (divots in front) 2. Impact bag 3. Target Hand

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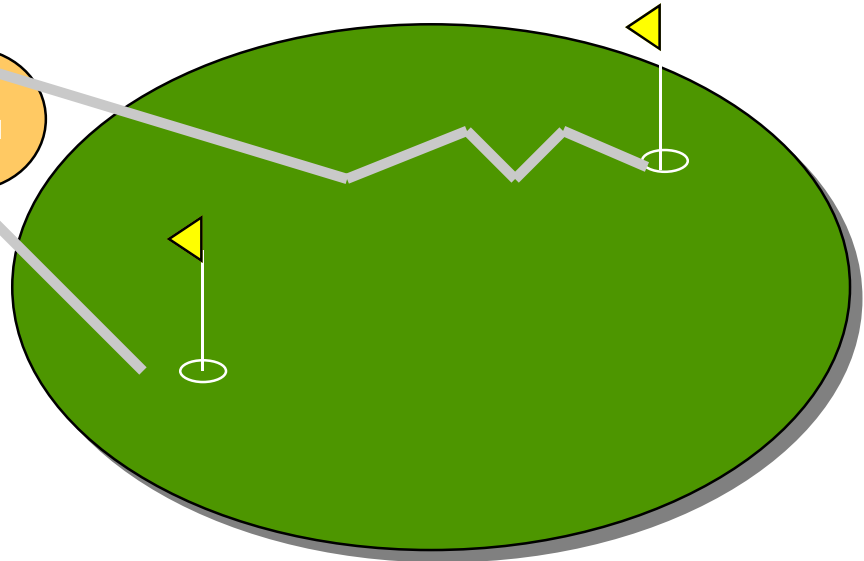
GREENSIDE BUNKER

BUNKER (Greenside) - A bunker is considered a hazard, therefore you are not allowed to ground your club when in a bunker. Depending on the type of sand you may want to use a SW or LW. During a bunker shot the sand is "splashed" which flies the sand out and brings the ball with it.

Take less sand which makes the ball go further



Take more sand for less distance



The open clubface on a bunker shot allows the sole of the club to "splash" onto the sand which will bring the ball out with the sand. Only use a square clubface when the sand is hard packed, otherwise the leading edge would dig into softer sand causing the ball to stay in the bunker.

Here is the set-up position when hitting a bunker shot:

- Ball positioned more off target foot, handle of club in line with the ball.
- Weight leans toward target foot.
- Choke down on the grip, open clubface - aim clubface at target, feet left of target (right-handed golfers)

Swing thoughts:

- Steeper takeaway makes ball go higher (lip on bunker)
- Splash sand onto green
- Listen for correct sound

Drills:

1. Line drill- make a line in the sand practice entering the sand at equal amounts behind and in front of the line. The further behind line you hit the less distance the ball will go.
2. Pile of Sand drill- make piles of sand, practice splashing the sand onto the putting green with an aggressive swing.
3. Tee drill- stick a tee in the sand place the ball on the tee practice clipping the top of the tee to make the ball fly out of the sand.

Play Par 2 game, keep score.