

Stop “flipping out” on short shots around the green!

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When you are out on the course, trying to get up and down for par, how many times have you hit that pitch or chip shot a little chunky, taking up a mini strip of sod. (Yes, the Superintendent will forgive you!) Or in that same position hit the ball clear over the green? At the moment of impact, the ideal position of the hands is even or slightly ahead of the ball. In situations where a player feels like he or she must make the perfect shot, the tendency is to attempt a forced shot. This causes tenseness of the body and the flipping of the hands at impact. And as many of us have been told; a tense golf swing makes it difficult to have a consistent swing.

Here is a simple drill that I have experimented with personally and with a few of my lessons with great success. The great thing about this drill is that it doesn't require the help of any expensive tools or gadgets. All you need is a couple of old clubs that you might find lying around the garage or attic. The best combination is a pitching wedge and a middle iron. Using an Exacto blade carefully cut a hole in the butt of the grip of the pitching wedge. Now take the shaft of the mid iron (again make sure you will not need this club in the near future) and carefully cut the shaft in half. Once the iron shaft is cut, insert the half with the grip into the hole of the pitching wedge grip. Tap the club on the ground a few times for a snug fit and presto! It should look like a belly pitching wedge.

Now that the easy work is done it's now time for the hard work. Using your new “training aid” will seem a little odd at first, but the results will soon follow. So here is how the drill works. Taking your new club, find a target that is about 10 yards away. Taking a slight back swing go ahead and chip the ball to your target. The object of this drill is to not have the second grip touch your side. If you flip your hands at impact, the club will give you a little “love tap”. This simple drill will help to insure that you have continued momentum with the hands and arms through the ball. After about 15 to 20 shots try chipping a few with your regular pitching wedge and see if you can feel a difference. After a couple shots, you should begin to see and feel an improvement in your ball striking.