

BACK IN THE FAIRWAY



Golf is a funny game. There you are, having the round of your life. You're making pars, birdies, and every putt you look at. Then all of a sudden, out of nowhere, you can't hit the ball to save your life! It happens to all of us. But now you can do something about it before it ruins your round. Simply use this "**Golf Cheat Sheet**" to get back on track as if nothing happened. By using one or more of these tips, you should be able to save any round that may go astray.

Slicing

- Make sure that your grip is not too weak (rotate your lead hand away from the target).
- Move the ball back in your stance.
- Stand closer to the ball.
- Set your feet and shoulders square to the target line.
- Keep your left arm straight throughout the swing.
- Stand solid and keep your head still during the backswing. Do not sway towards your back foot.
- Pause at the top of the backswing for a split second. Shift your weight to your front leg and start the downswing by rotating your hips then let your arms follow.
- Swing the club from inside to outside the target line through impact.
- Keep your trail elbow close to your body in the downswing.
- Release your hands through impact (roll your trail hand over your lead hand).
- Swing at 75% power to stay smooth and in control.

Hooking

- Make sure that your grip is not too strong (rotate your lead hand toward the target).
- Make sure that your clubface is aiming directly at the target.
- Set your feet and shoulders square to the target line.
- Keep your left arm straight throughout the swing.
- Make a slow, smooth backswing.
- Pause at the top of the backswing for a split second. Shift your weight to your front leg and start the downswing by rotating your hips then let your arms follow.

- Lead with forward shaft lean through impact (the back of your lead hand should face the target).
- Make sure that your hands are not releasing too soon before impact (don't flip the club).
- With the club head on the ground, raise your hands 1-2" at address.
- Swing at 75% power to stay smooth and in control.

Pushing

- Make sure that your clubface is aiming directly at the target.
- Set your feet and shoulders square to the target line.
- Move the ball forward in your stance.
- Pause at the top of the backswing for a split second. Shift your weight to your front leg and start the downswing by rotating your hips then let your arms follow.
- Swing the club from inside to outside the target line through impact.
- Keep your trail elbow close to your body in the downswing.
- Concentrate on completing your body turn on both the backswing and through swing.

Pulling

- Make sure that your clubface is aiming directly at the target.
- Set your feet and shoulders square to the target line.
- Move the ball back in your stance.
- Make a slow, smooth backswing.
- Pause at the top of the backswing for a split second. Shift your weight to your front leg and start the downswing by rotating your hips then let your arms follow.
- Lead with forward shaft lean through impact (the back of your lead hand should face the target).
- Pull the club into the ball with your lead shoulder. Don't push with your trail shoulder.
- With the club head on the ground, raise your hands 1-2" at address.

Hitting Behind the Ball

- Stand solid and keep your head still during the backswing. Do not sway towards your back foot.
- Lead with forward shaft lean through impact (the back of your lead hand should face the target).
- Make sure that your hands are not releasing too soon before impact (don't flip the club).
- Push off with your trail leg. Don't let your knee fold and collapse at impact.
- Drive your weight onto your left side through impact.
- Ensure that your head does not dip or lift before you have struck the ball.
- Stare at a piece of grass ½" inch in front of the ball.
- Swing at 75% power to stay smooth and in control.

Shanking

- At address make sure that your weight is not too far forward i.e. on the ends of your toes.
- Do not move your weight towards the ball through the downswing.
- Stand solid and keep your head still during the backswing. Do not sway towards your back foot.
- Drive your weight onto your left side through impact.
- Keep your trail elbow close to your body in the downswing.
- Make a smooth transition from your backswing to your downswing.

Chipping

- Stand closer to the ball and play it 1-2" farther back from the middle of your stance.
- Lean the club forward (keep your hands in front of the clubhead).
- Stare at a piece of grass ½" inch in front of the ball.
- Hit down on the ball. Don't try to help it into the air.
- Rotate your body as you swing through the ball keeping your lead arm straight.
- At impact your lead arm and club shaft should form a straight line.
- Use a short back swing and a smooth accelerating follow through.
- If you have a lot of green to work with, use a 7 or 8 iron and treat it like a long putt.

Putting

- Keep your lead wrist solid (visualize hitting the ball with the back of your lead hand).
- Use a shorter backswing and accelerate through the stroke.
- Try not to decelerate on short putts.
- Play the ball 1-2" forward of the middle of your stance and strike it on the up-swing to give it a true roll.
- Keep the back of your lead hand moving toward the target after impact.
- If you pull your putts, move the ball 1" back in your stance.
- If you push your putts, move the ball 1" forward in your stance.
- Set your feet and shoulders square to the target line.
- Keep your head down. Do not follow the ball with your head at impact.

Struggling under pressure

- Breathe slowly and deliberately to relieve any built-up tension.
- Set a positive mental outlook by visualising your shot before playing it.
- Concentrate on one key swing thought.
- Do not pause unnecessarily at address as tension will build up and your mind will wander.
- Remember, you have no control over your opponent. If they're having a great day and you're not, so be it. Don't let it get you down. You'll get'em next time.