

A male golfer wearing a white polo shirt, white cap, and light-colored trousers is captured in a side profile, leaning forward over a golf club on a lush green golf course. The background shows a clear blue sky and blurred greenery. The text is overlaid on the image in four stacked, semi-transparent grey boxes with yellow text.

Top 10 Golf

Shots Every

Golfer

Should

Know



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<http://www.wakeupgolf.com>

Pitching

Shot #1

- Grip down on the club making sure you have a light grip so you can feel the clubhead during the swing. The stance is narrow at address with the lower body open to the target with shoulders square. Feel the impact position (keep secondary spine tilt), knees toward target, ball position middle (depending on length of shot and trajectory), arms hang, hands ahead of ball, and weight about 60% left.
- The swing is a miniature version of the full swing where your arms and chest control the motion. The wrists hinge to ensure a good plane and a fluid motion. Accelerate through impact with a follow through to match the length of the backswing.
- The difference between a chip and a pitch is distance and time in the air. A pitch, unlike a chip shot, has maximum air time and minimum roll, stopping quickly due to spin on the ball.
- Control distance by width of stance (longer shots need wider stance), length of backswing (longer backswing for longer shots) and club selection.
- Direction is controlled by alignment, path and face.



Use this shot for:

- Distances of 20 – 100 yards to the green
- For recovery shots
- The key to pitching is distance control.

Chipping

Shot #2

- The feet are narrow and stance is slightly open. Grip down on the club with a regular grip, hands forward (butt end points to left hip) and weight favoring the left side. Ball position is back in your stance which will encourage a descending blow through impact.
- Overall, the body controls the club. Wrists are slightly hinged in the backswing from the weight of the club and unhinge in the downswing. The butt end moves with the chest from impact to finish. Arms and the body control the release of the club to the finish.
- Distance and speed is controlled by your arms, length of the backswing and club selection.
- Direction is controlled by alignment, path, and face



Use this shot for:

- Around the greens
- When you want the ball to run (less spin)
- For different lies

Getting Out of Sand

Shot #3

A lack of confidence can lead to spending more time on the beach than you'd like. Make a mental checklist of these tips so you can enter the bunker with a plan, take a confident swing, and move one with the rest of your game.

Proper bunker set up:

- Take a wide stance with the ball a couple of inches off your front foot.
- Settle into the sand a bit, turning out your front toe.
- Shift your weight forward so your front knee is over your foot.

Properly address the ball:

- Keep a neutral shaft
- Open the clubface
- Maintain a normal grip

The swing:

- Maintain flex in the lead knee
- Do not lead with your wrists - a common bunker shot fault
- Your shaft should be in a neutral position as the time of contact.

Taking a full swing with an open clubface is a unique shot. Practice will help you gain confidence so you can work towards exiting the bunker as fast you enter.



Getting Out of Deep Rough

Shot #4

Nobody hits all the fairways, but many people skip learning how to play in thick grass. Here are a few pointers:

Tip #1: Play the ball back in your stance. You must hit the ball before the grass to make solid contact and get the distance you're after.



Tip #2: Open your club face just a little. This will lead to the heel of your clubface

hitting the grass first. At point of contact, the heel will be slowed by the grass and the remaining face will “catch up”. This helps you hit square and achieve the necessary loft you'll need to get up and out of the rough.

Tip #3: Leave a nice divot. Don't be afraid of hitting the ground. Keeping #1 in mind, your divot needs to be in front of the ball, not behind it. Note where your contact point is when taking practice swings, place the ball in your stance accordingly.

Tip #4 Commit. Go into your shot with the plan of a nice full follow through. Golfers tend to quickly stand up after hitting the ball or “scoop” as an effort to get out of the rough. Your best bet for good distance is to commit to a normal follow through. Because of the thick grass, don't be disappointed if your follow through doesn't end up being as long, committing is the key to achieving distance out of the rough.

Take these tips to a patch of grass off to the side of the driving range for some practice. Getting a feel for these shots will help you approach the tough rough with more confidence on the course.

50 Yard Low Spinning Pitch Shot

Shot #5

At 50 yards straight to the hole, you need a reliable pitch shot in your back pocket. The low spinning pitch shot is perfect. The keys to success are getting just enough loft to land on the green and just enough spin so your ball doesn't roll off the other side.

Jordan Spieth is the pro to watch when it comes to this shot. He makes it look effortless and consistently gets up and down in 2 from this spot.

Here are common errors from this distance and how to correct them:

- Error: Dropping the back shoulder and pushing wrists forward
 - Correction: Keep shoulders and wrists nearly neutral with about 60% of your weight shifted towards your front foot.
- Error: Hinging your wrists immediately in the takeaway and driving the club back down at the ball
 - Correction: Open the club face slightly. Take an easy short swing while relying on the club when it comes to loft and spin.
- Error: Aim for the pin - hoping the ball sticks when it lands
 - Correction: Eye up a 3 foot circle approximately 12 feet in front of the hole. Allow the ball to land and easily roll towards the hole.

Poor pitching wedge habits can quickly lead to extra strokes. End your shot with your chest facing the target - and a smile knowing you've set yourself up for an easy one putt.

How to Hit a Draw

Shot #6

A draw is a controlled golf shot that moves from right to left.

What is the difference between the draw and the fade?

A draw curves from the player's right to his left (for a right-handed golfer) while a fade moves in the opposite direction, from left to right.



To hit a draw

- ball position will be back in your stance
- body alignment right of your target (feet, knees, toes and shoulders)
- swing path from inside to outside

How to Hit a Fade

Shot #7

A fade shot starts to the left of the target line and then turns back right finishing on target. A combination of swing path and the face angle of the club create the fade, placing clockwise spin on the ball.

To hit a fade

- ball position will be forward in your stance
- body alignment left of your target (feet, knees, toes and shoulders)
- swing path from outside to inside



Lob Shot

Shot #8

A lob shot is a high, soft shot that lands and stops very quickly.

Set Up

When setting up for a lob shot, your body and clubface are open to the target. Your ball position is forward in your stance and your weight is 50/50. Your hands are even with the ball with your spine tilted slightly to the right.

The Stroke

Set the club in your backswing. In the downswing, swing your arms along your body line so the clubface can pass your hands at impact. During the follow through the club will re hinge, staying open, and your knuckles will be facing upwards at the finish.



Putt Chip

Shot #9

Putt Chip: These techniques are used to give golfers more options and to help save shots around the green. They are also played when there is a hill or slope between the player and the hole.

Set Up

This shot is played with a putting grip.

1. Ball position is under your right eye.
2. Body is aligned open to the target.
3. Grip down on the club with arms at your side.
4. Stance is the same width as your putting stance.
5. Your hands will be forward of the ball for a descending hit on the ball.

The Stroke

1. Backswing and follow through is the same distance.
2. The goal is to hit the ball off the toe of the club.

The Bump and Run

Shot #10

If you find yourself just short of the green but lacking confidence in your chip shot, opting for the bump and run is the perfect alternative. A poor wedge shot can have you coming up short, or even worse, on the opposite side of the green, lining up for a re-do.

Let's demystify the bump and run and ultimately see more 1-putts.

This isn't a full swing stroke, yet it's not a putt, so let's start by getting properly set up:

- Opt for a 7 iron
- Place the ball towards the inside of your back foot. This helps avoid loft - which would defeat the purpose and lead to no *run*.
- Maintain a normal iron grip, but choke down a couple of inches.

You will need to read the green like a putt. The goal is to land the ball on the green as quickly as possible, allowing it to run the rest of the way towards the hole. Through the stroke, think about maintaining the firm triangle your shoulders and hands make.

- Maintain a narrow stance.
- Take a short backswing. Although the stroke may feel rigid at first, you still need to allow trunk rotation so your hips open up in the follow-through.
- Minimize wrist action and remain balanced; the choked down grip helps maintain the triangle and avoid wrist movement.

Take these pointers out to the practice green; you'll quickly gain confidence with a little practice. Before you know it you'll be getting up and down more often and shaving off strokes.

Uphill, Downhill and Buried Lies

Bonus Shot

Downhill lies – set up with ball back in the stance and your body aligned left of the target (body parallel to the slope) and swing down the slope.

Uphill lies – set up with the ball forward in your stance and your body aligned to the right of the target and grip down on the club. Your body should be parallel to the slope.

Buried lies– face closed to 11 o'clock or face open with hands forward and weight forward (both with short follow through)

-Use a 9-iron for long bunker shots



Phil's Flop Shot

Bonus Shot

Phil is famous for his short game and his creative shots. Here is his description of a flop shot off of a tight lie.

- He wants the club to go underneath the ball
- the bounce kicks it into the ball and that's how it pops up
- open up the face until it's almost flat (the toe is almost touching the ground)
- weight goes forward (so he can drive the club into the ground and keep it underneath the ball)
- the arm and club must accelerate together through the ball or you'll blade it
- drive the club right behind the ball

IF your lie is on fluffy grass, then you need to make an adjustment with your weight. He makes his weight more even so he creates a more shallow bottom of his arc. This is adding bounce to the shot. It's also leveling out the angle of attack.

A reminder that it is not a high percentage shot, but in Phil's case it has been practiced an unbelievable amount of time.

