

Today's
Golfer

PART 2

TOTAL GAME IMPROVEMENT PLAN

SHORT GAME

**How to get up-and-down more often
and shoot lower scores this summer**



A stronger short game starts here...

We've teamed up with Tour coach and TG Top 50 pro Jon Wallett to bring you this short game guide and help you improve in the four crucial scoring areas - pitching, chipping, bunkers and putting. Amongst others, Jon coached David Howell for three years on the European Tour and his mantra when coaching elite players is

'lowest score wins most money'. Jon has a unique record in that, of the seven players he has coached on Tour, all of them reduced their stroke average in the time they worked with him. So, who better to help you score better too. Each of the four areas in this supplement is divided into three sections - master the mechanics,

practice to perform and take it to the course. Each provides a key drill, image and tour tip. There's plenty for you to choose from and links to the TG website where some of these and hundreds more tips are explained on video. So dive in and make the commitment to lower your stroke average like the Tour players this summer.



Jon Wallett
European Tour coach and
Director of the Elite
Coaching Golf Academy
www.elitecoaching.com

TOTAL GAME IMPROVEMENT PLAN: SHORT GAME



Stat analysis:
Short game
performance

COURSE			
DATE	PAR	SLOPE	RATING

HOLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
PAR																		
SCORE																		
PITCHING DISTANCE TO PIN																		
PITCHING PROXIMITY TO HOLE																		
CHIPPING DISTANCE TO PIN																		
CHIPPING PROXIMITY TO HOLE																		
BUNKERS DISTANCE TO PIN																		
BUNKERS PROXIMITY TO HOLE																		
PUTTING NUMBER OF PUTTS																		

TOTALS

Keep track of your totals for each category. Check them against the date to monitor long-term improvement.

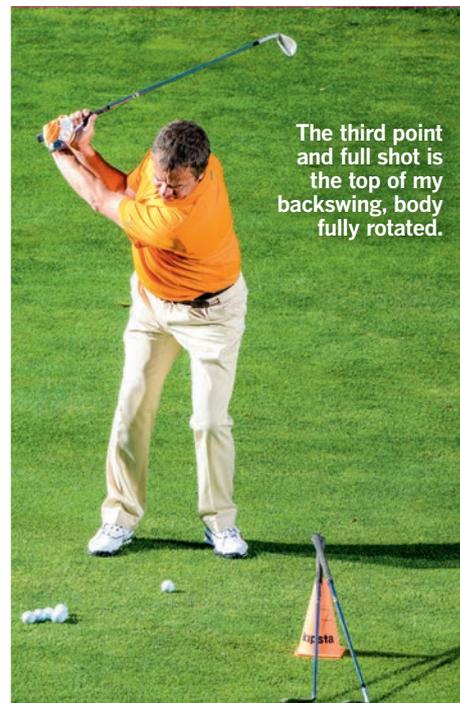
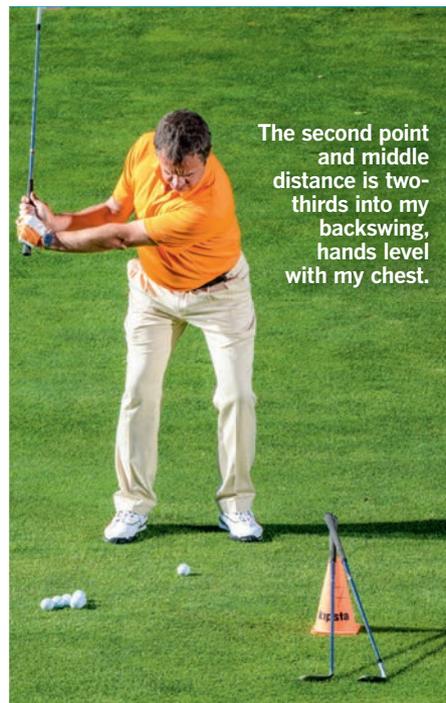
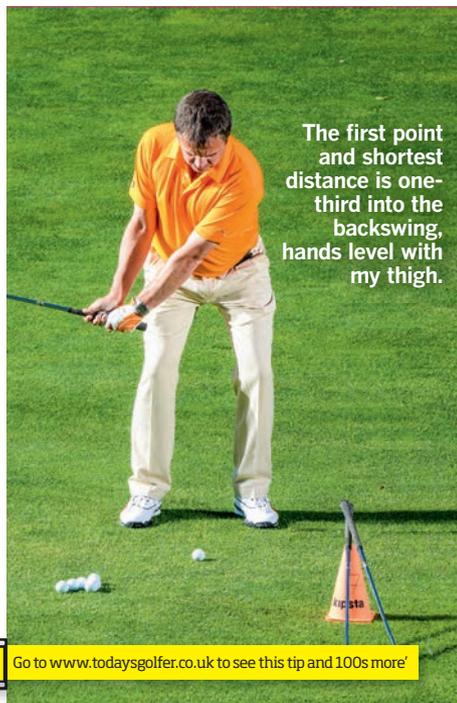
SCORE	
PITCHING	
AVE. PROX. TO HOLE	TOTAL SCRAMBLES
CHIPPING	
AVE. PROX. TO HOLE	TOTAL SCRAMBLES
BUNKERS	
AVE. PROX. TO HOLE	TOTAL SCRAMBLES
PUTTING	
TOTAL PUTTS	

PHOTOCOPY THIS SCORECARD OR DOWNLOAD IT AND PRINT MORE AT WWW.TODAYSGOLFER/MYSTATS

1. PITCHING: THE MECHANICS

Distance control

Tour players have a system for distance control with their wedges. David Howell uses backswing lengths as his control mechanism.



Go to www.todaysgolfer.co.uk to see this tip and 100s more!

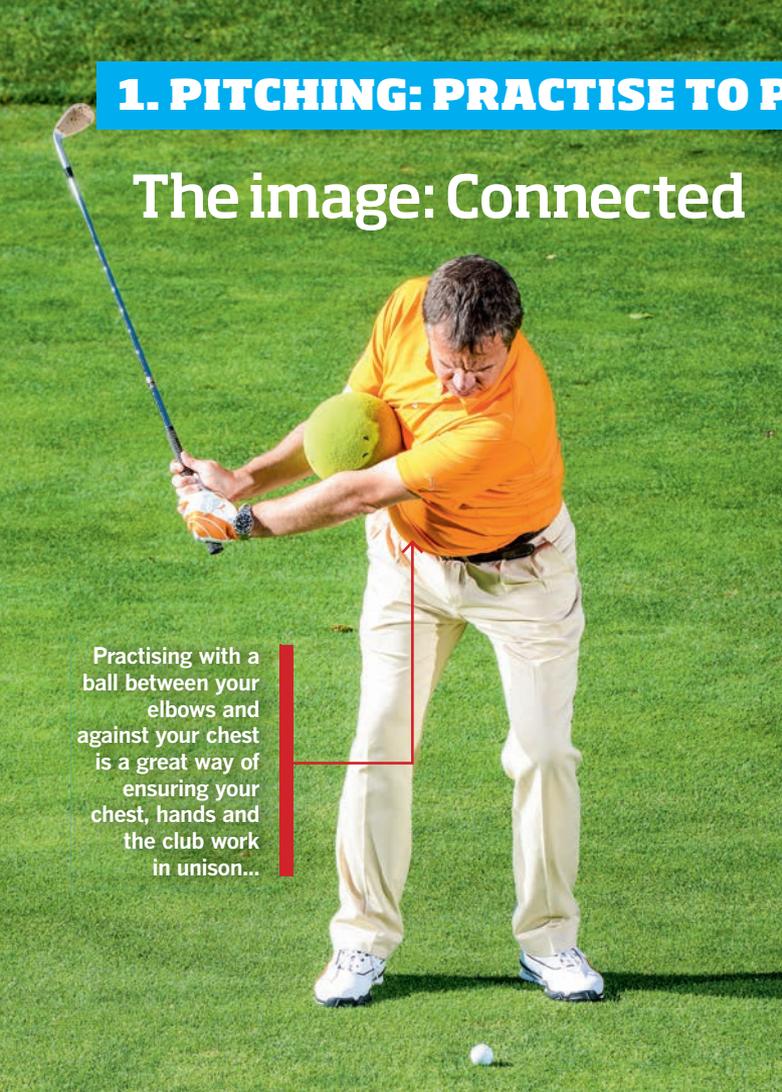
The Drill: Go shallow

Danger move: A steep angle of attack results in inconsistent contact and distance control.

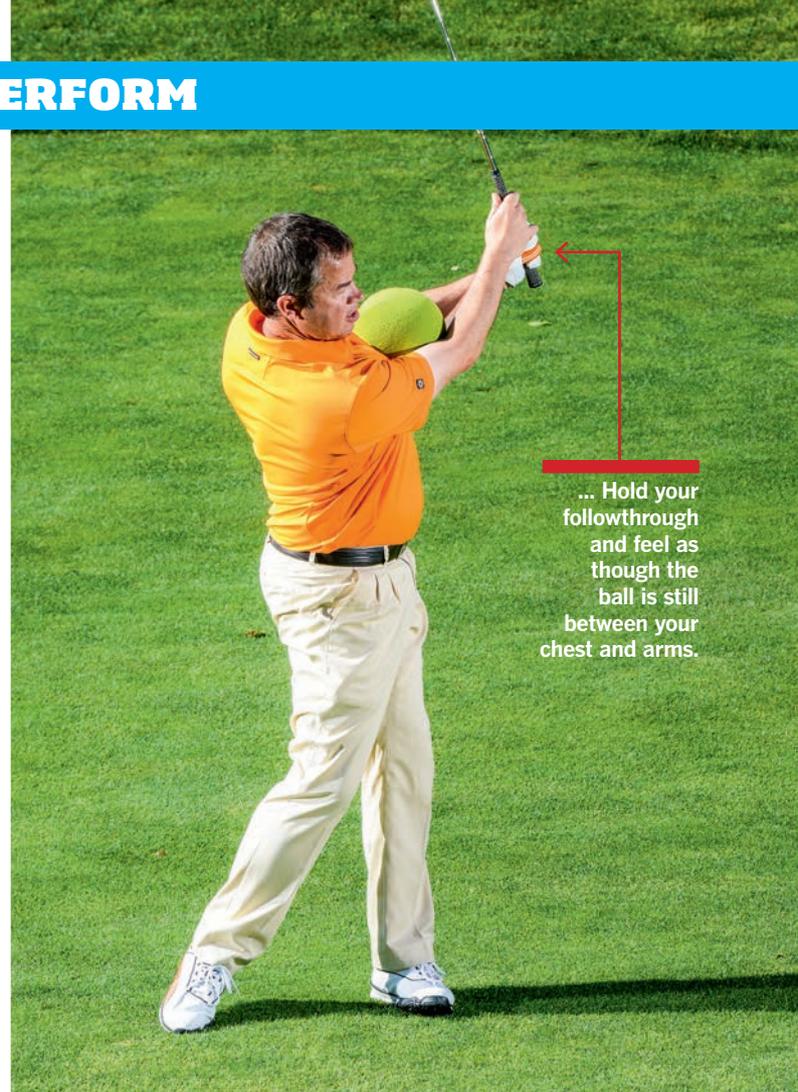
Dragging a cane or shaft along the ground gives you the feeling of the ideal shallow attack angle with a little shaft lean.

1. PITCHING: PRACTISE TO PERFORM

The image: Connected



Practising with a ball between your elbows and against your chest is a great way of ensuring your chest, hands and the club work in unison...



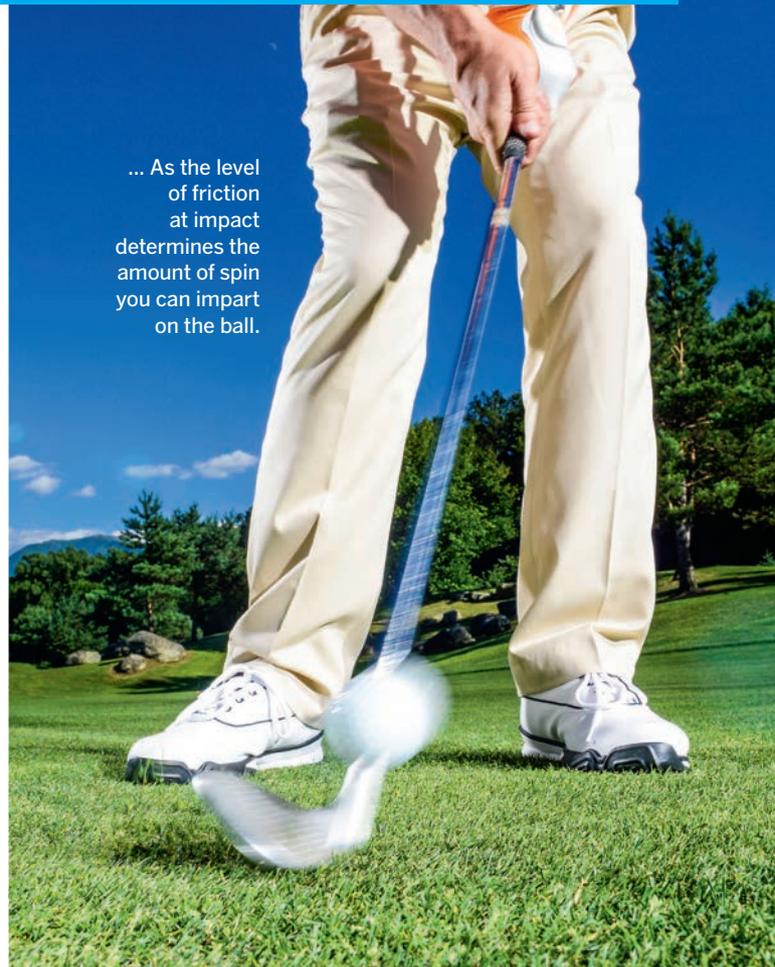
... Hold your followthrough and feel as though the ball is still between your chest and arms.

Tour tip: In a spin

Water or debris kills spin so make sure you wipe the face after a practice swing...



... As the level of friction at impact determines the amount of spin you can impart on the ball.



1. PITCHING: TAKE IT TO THE COURSE

Know your numbers

You have to know how far each shot with each pitching club will go. This eliminates any indecision out on the course, allowing you to quickly match club and shot-type to the yardage.



TOTAL GAME IMPROVEMENT PLAN: SHORT GAME

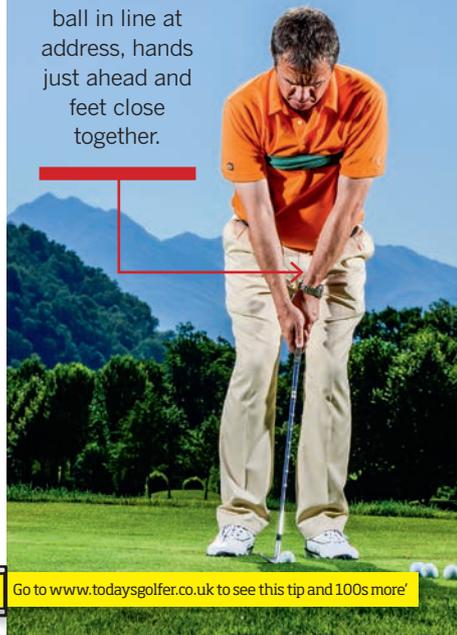
My players pitch with three clubs and have three shots with each, giving them nine distances across 70 yards they can hit.

	1/2	3/4	6/11
PW	90	105	120
SW	75	85	100
LW	50	60	80

2. CHIPPING: THE MECHANICS

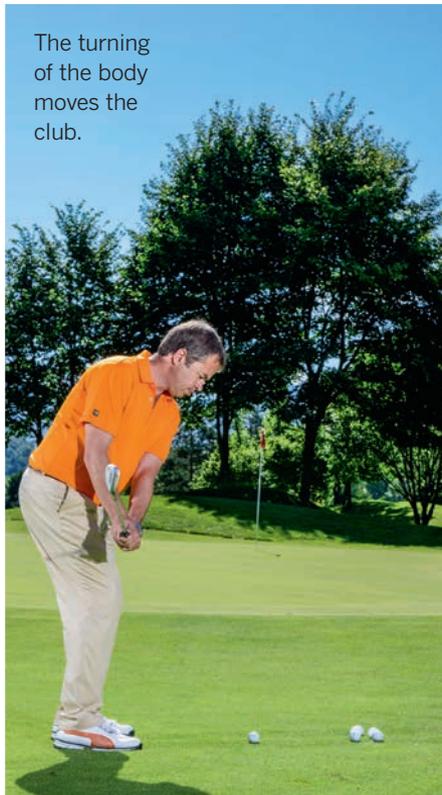
The Chip

Have sternum, belt buckle and ball in line at address, hands just ahead and feet close together.

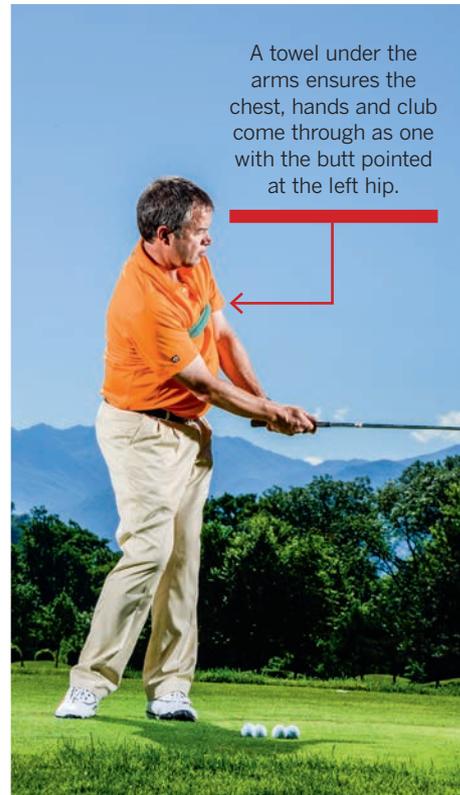


Go to www.todaysgolfer.co.uk to see this tip and 100s more

The turning of the body moves the club.

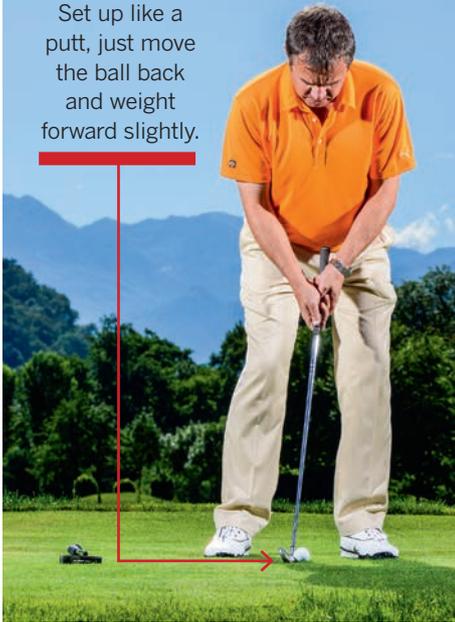


A towel under the arms ensures the chest, hands and club come through as one with the butt pointed at the left hip.



The Chip-putt

Set up like a putt, just move the ball back and weight forward slightly.



It's a great option from the apron just off the green.



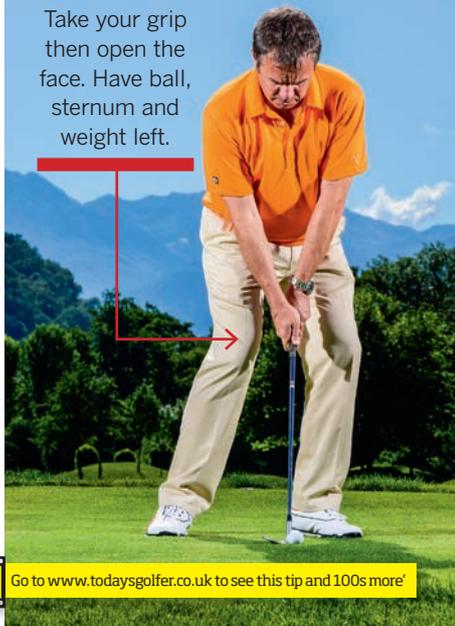
Keep wrists passive for a slower ball speed that allows you to be aggressive.



2. CHIPPING: THE MECHANICS

Drop and stop

Take your grip then open the face. Have ball, sternum and weight left.



Hinge and rotate your wrists in the backswing.



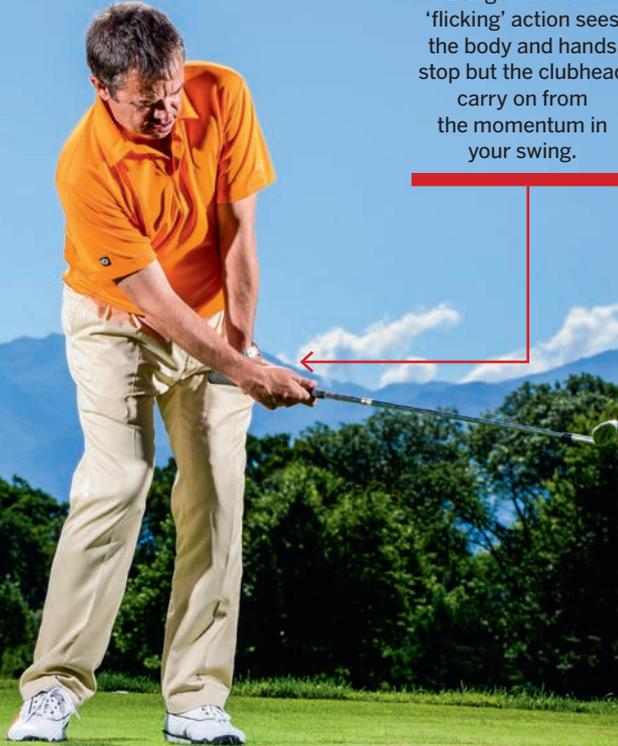
Turn the body through quickly, feeling as though the club is cutting across the ball a little.



Go to www.todaysgolfer.co.uk to see this tip and 100s more!

The drill: No flicks

Danger move: A 'flicking' action sees the body and hands stop but the clubhead carry on from the momentum in your swing.



It is vital to turn your body, hands and the club together. The followthrough only drill is a great way of understanding that feeling.

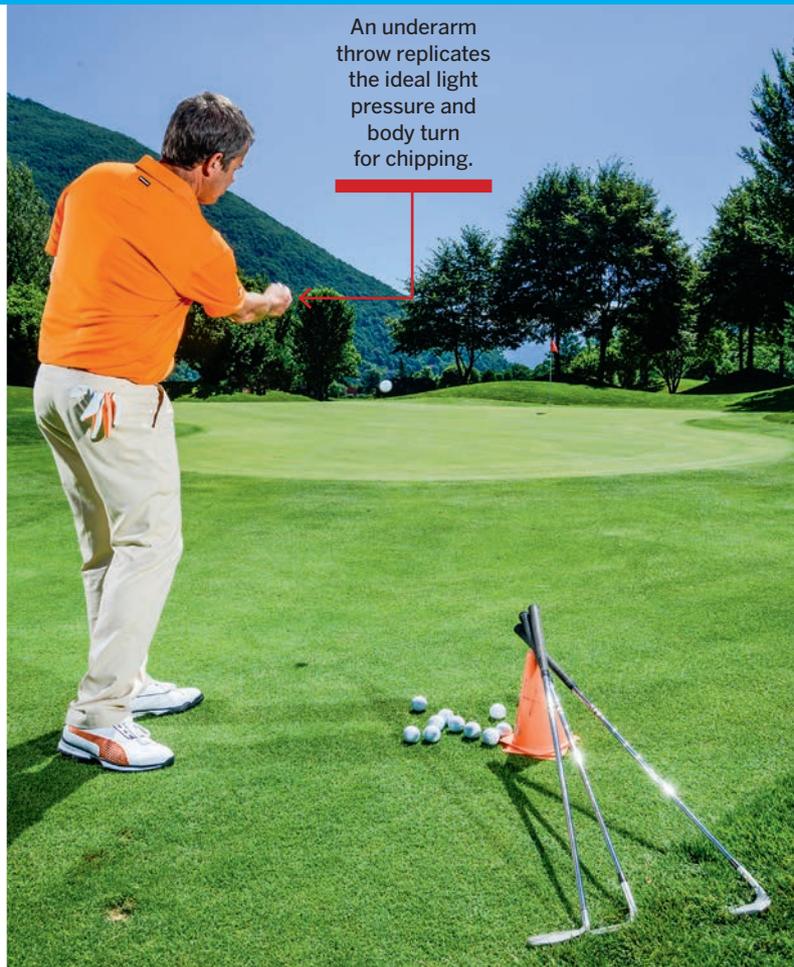


2. CHIPPING: THE MECHANICS

The image:
No pressure

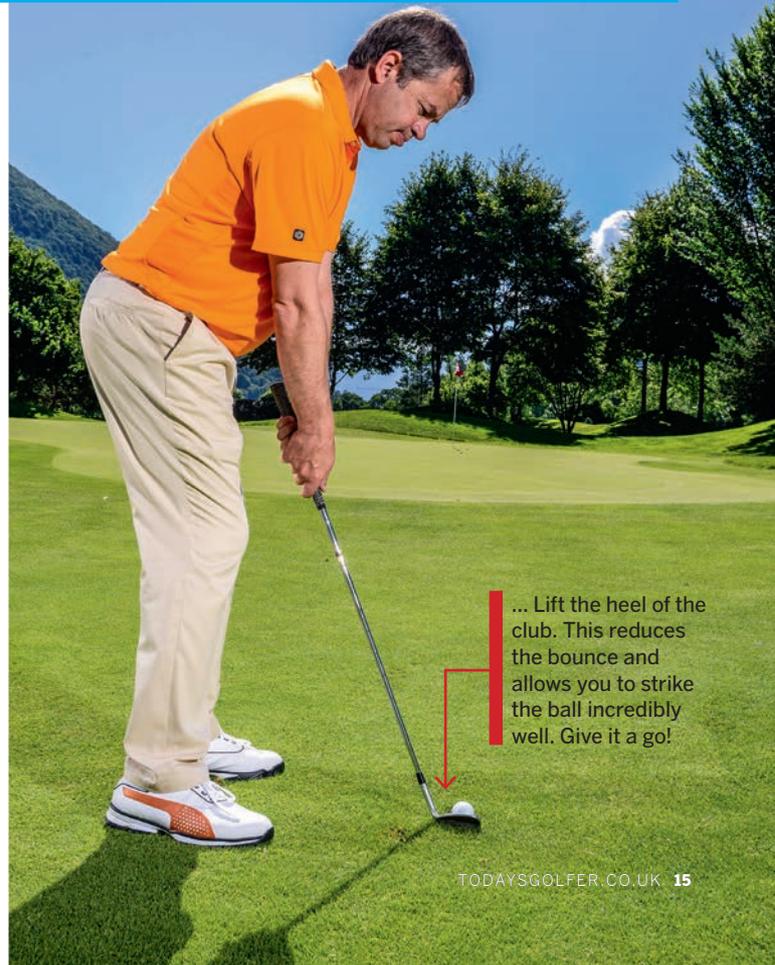
Grip pressure should be at 50 per cent in the short game – imagine you are holding a tube of toothpaste and not squeezing any out.

An underarm throw replicates the ideal light pressure and body turn for chipping.



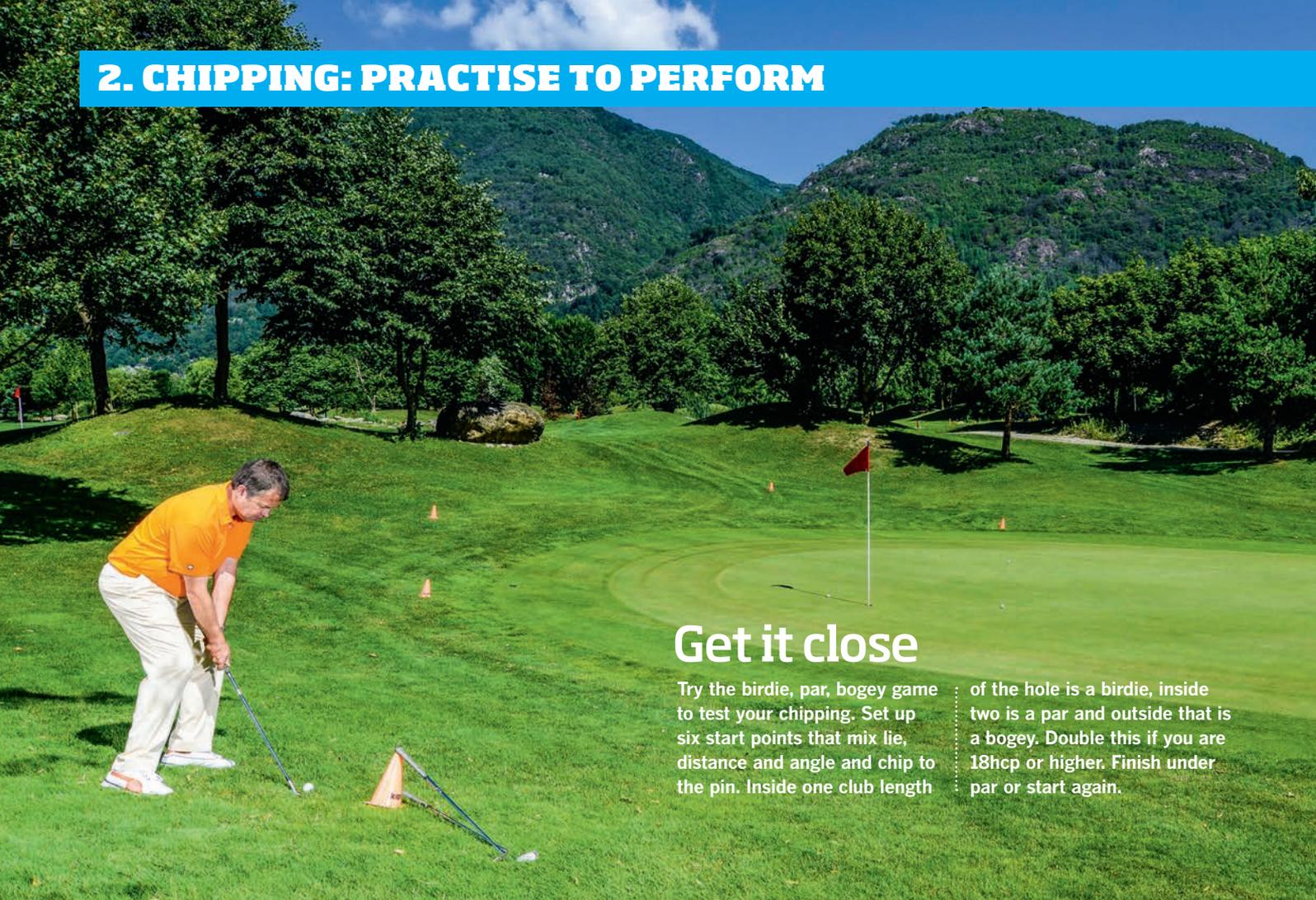
Tour tip: A tough spot

A great tip I learnt from the Tour players is that, when a ball is lying tight – in the edge of a divot, for example...



... Lift the heel of the club. This reduces the bounce and allows you to strike the ball incredibly well. Give it a go!

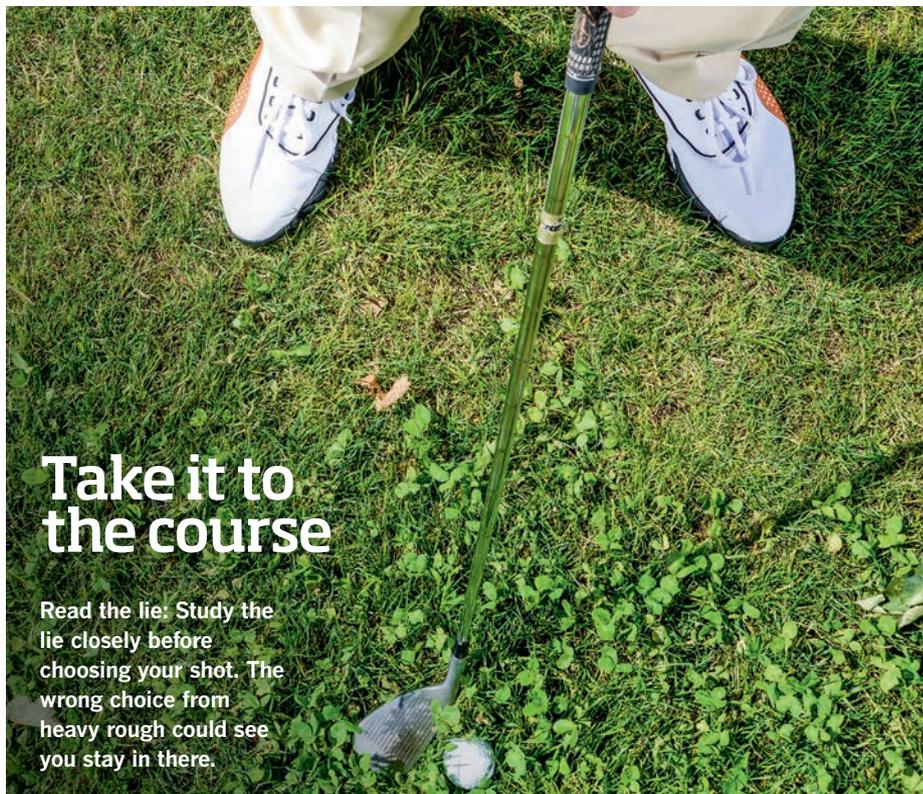
2. CHIPPING: PRACTISE TO PERFORM



Get it close

Try the birdie, par, bogey game to test your chipping. Set up six start points that mix lie, distance and angle and chip to the pin. Inside one club length

of the hole is a birdie, inside two is a par and outside that is a bogey. Double this if you are 18hcp or higher. Finish under par or start again.



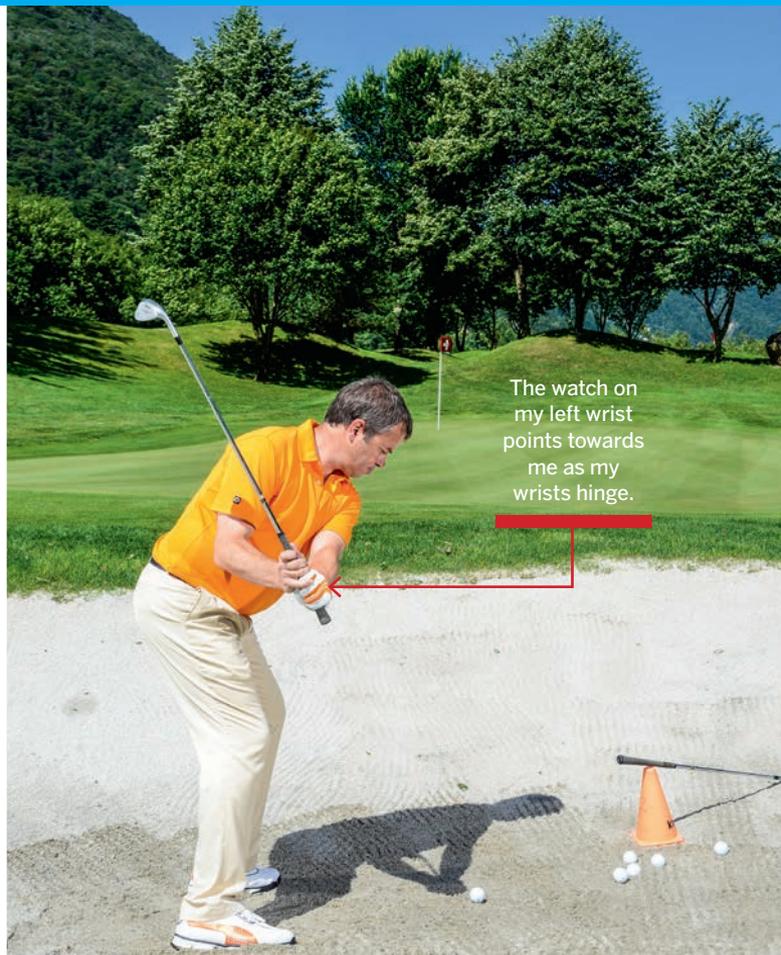
Take it to the course

Read the lie: Study the lie closely before choosing your shot. The wrong choice from heavy rough could see you stay in there.

3. BUNKERS: THE MECHANICS

Do the basics

Lay the face open, have your hands in the centre of your stance, weight a little on your front foot and the ball forward.



The watch on my left wrist points towards me as my wrists hinge.

TOTAL GAME IMPROVEMENT PLAN: SHORT GAME

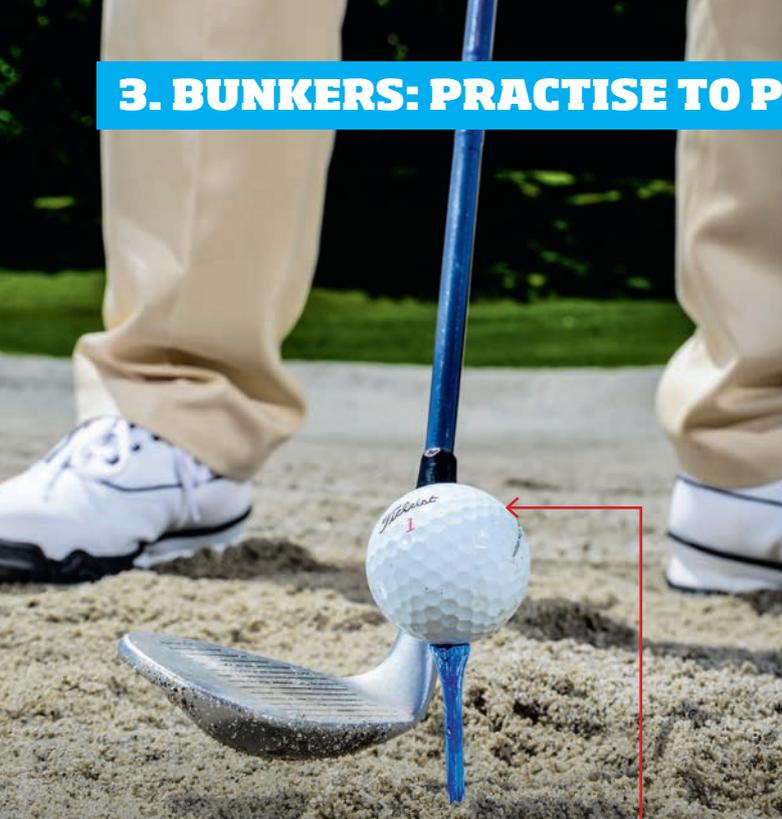


Accelerate through the sand...



... For a full finish that is longer than the backswing.

3. BUNKERS: PRACTISE TO PERFORM



The drill: Perfect strike

In your practice, place the ball on a tee in the sand...



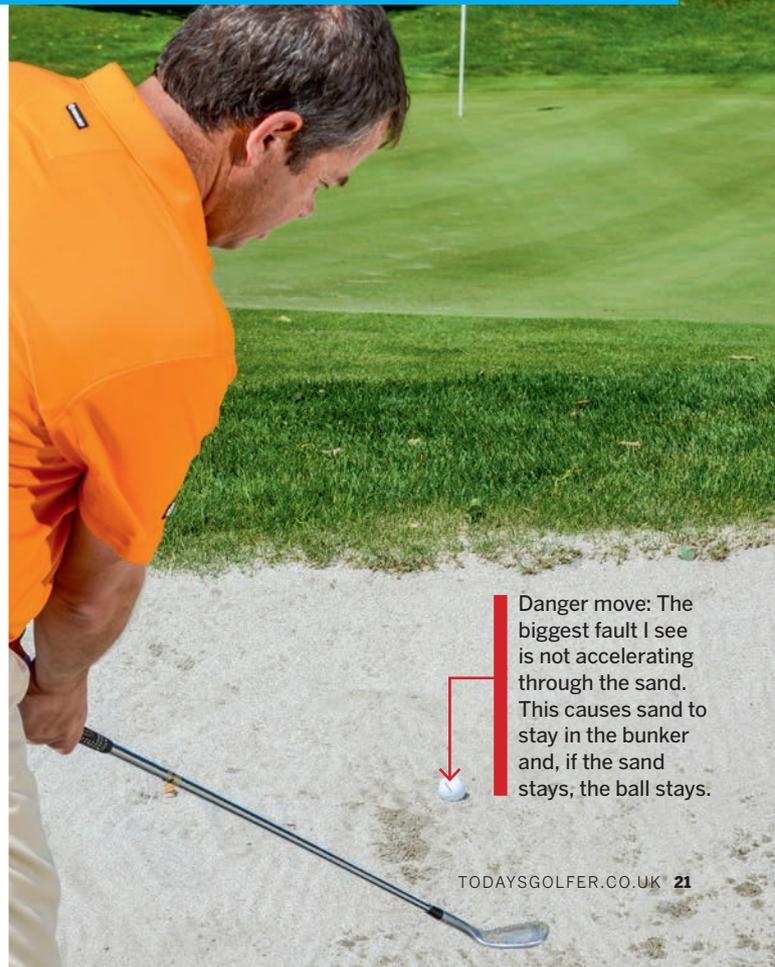
The perfect contact with the sand sees you accelerate. It's just like striking a match.

... Hit the tee from under the ball, then bury it in the sand with the ball on top and repeat. If you hit the tee in the sand the ball will splash out.

The image: Sand out



Focus on splashing the sand onto the green. Accelerating through the ball and a full finish will help you do it.



Danger move: The biggest fault I see is not accelerating through the sand. This causes sand to stay in the bunker and, if the sand stays, the ball stays.

3. BUNKERS: TAKE IT TO THE COURSE

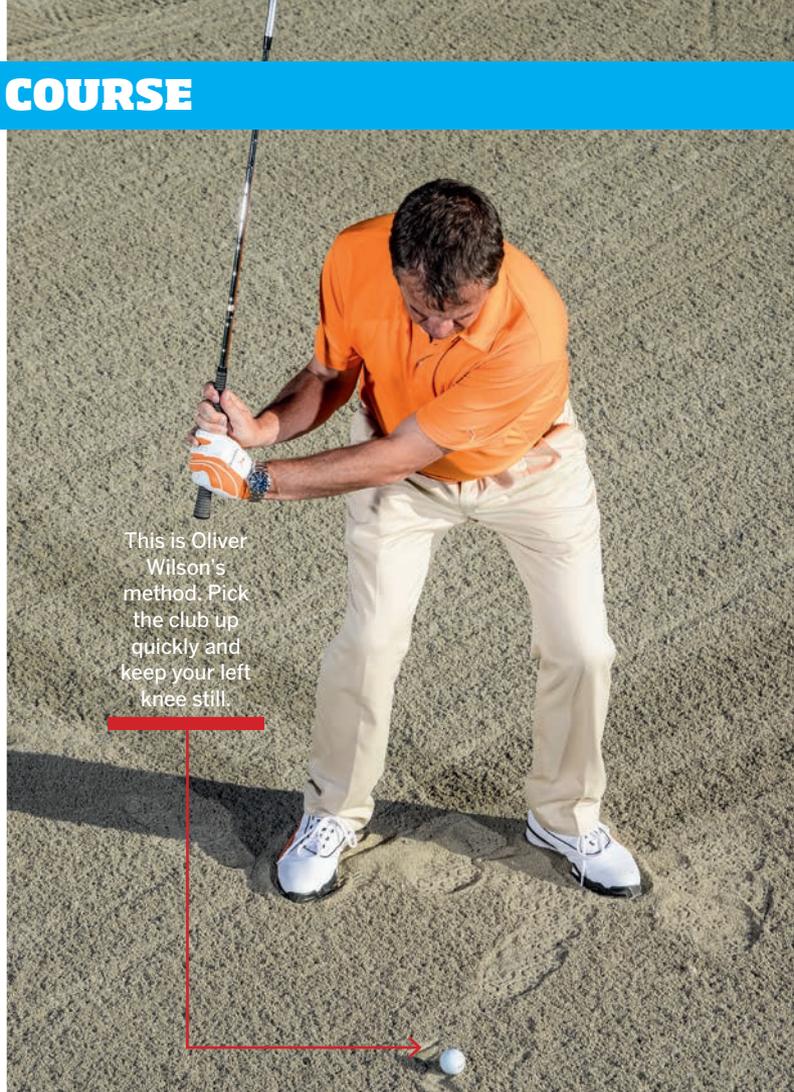
Tour tip: Open up

Tour pros are all great at the splash shot, making that high, soft-landing bunker escape look simple. Here are the keys...

Keeping the face open and the shaft low helps you get plenty of height.



This is Oliver Wilson's method. Pick the club up quickly and keep your left knee still.



Distance control

Change club depending on the amount of distance you have to cover with your bunker shot. Pitching wedge for long shots, gap wedge for mid-range and lob wedge for high splashes when the pin is close.



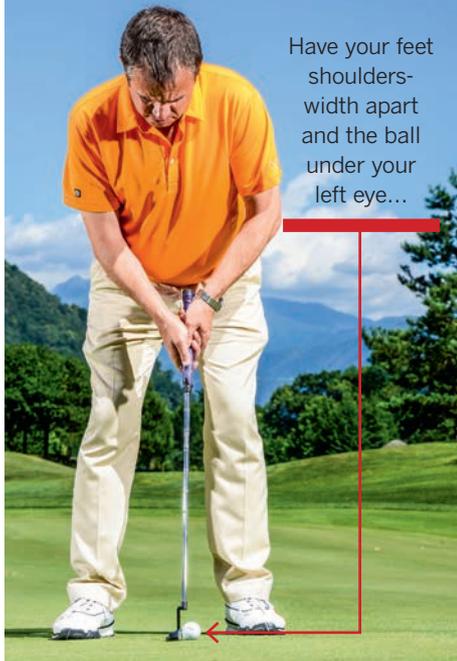
Take the same amount of sand for every bunker shot, just change club to change distance.



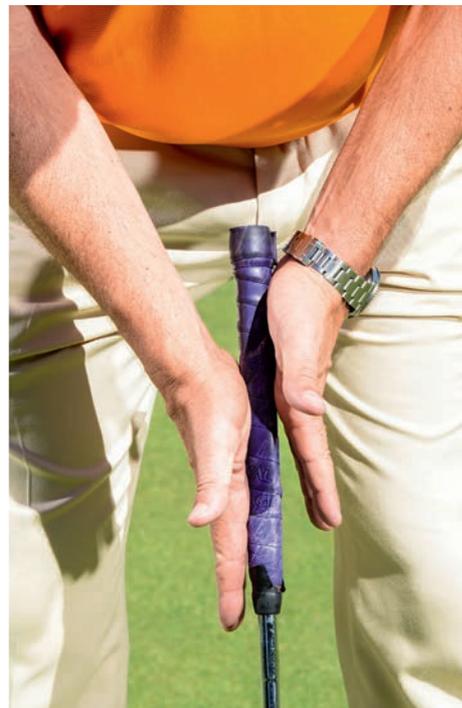
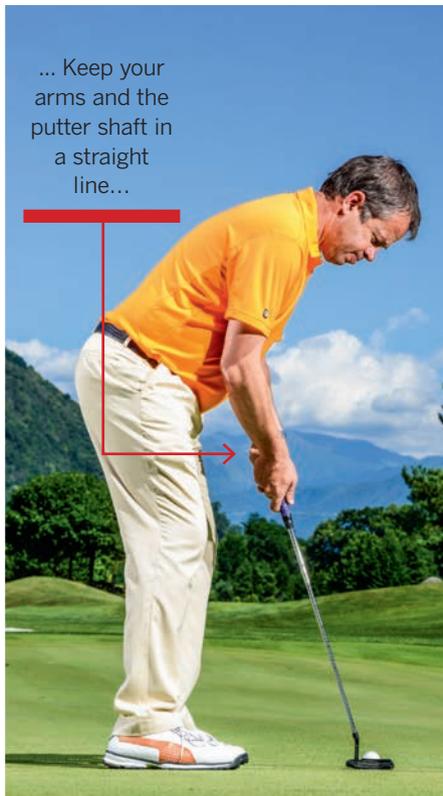
4. PUTTING: THE MECHANICS

Set up for success

Have your feet shoulders-width apart and the ball under your left eye...



... Keep your arms and the putter shaft in a straight line...



... Place your palms flat to either side of the putter before wrapping your hands around. This keeps your hands passive.

On the rise



Practise with a towel under your arms and keep it there as you swing back and through. This will keep your arms connected to your body.



The stroke should produce a slightly upwards hit. This 'rise angle' creates topspin for a great roll.

4. PUTTING: THE MECHANICS

Train your aim

Check your path by placing two shafts either side of the putter. The head should be square for 5cm either side of the ball before it arcs.



A laser (you can buy one for around £5 from a DIY store) ensures your putter face is square to the hole during practice.

The drill: Toughen up

Try the birdie-par drill, putting from eight spots around a hole – four at three feet away, four at six. The long putts are for birdie, the short putts for par.



Practise with two tees either side of the hole to reduce your target and hit the middle of the hole.



Go to www.todaysgolfer.co.uk to see this tip and 100s more'

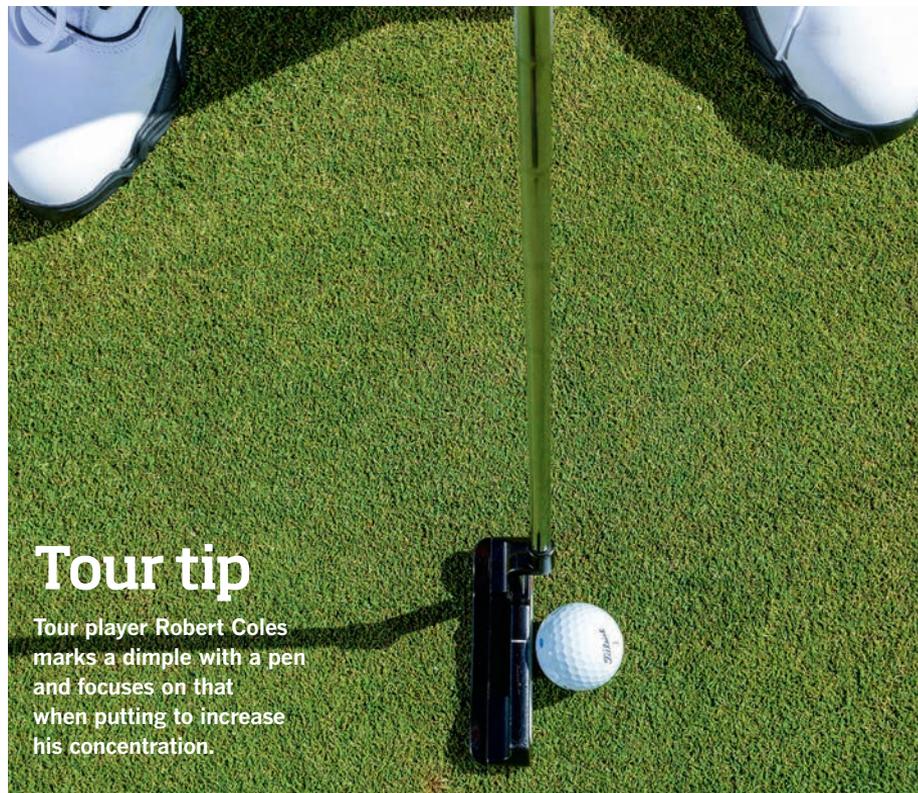
4. PUTTING: PRACTISE TO PERFORM



The drill: Build pressure

Set up three stations around a hole, each about 15 feet away. You must get the ball within a putter length to move on to the next ball. If you fail you have to

start again. This is a great drill as it replicates an on-course scenario, adding consequence and therefore pressure to your practice.



Tour tip

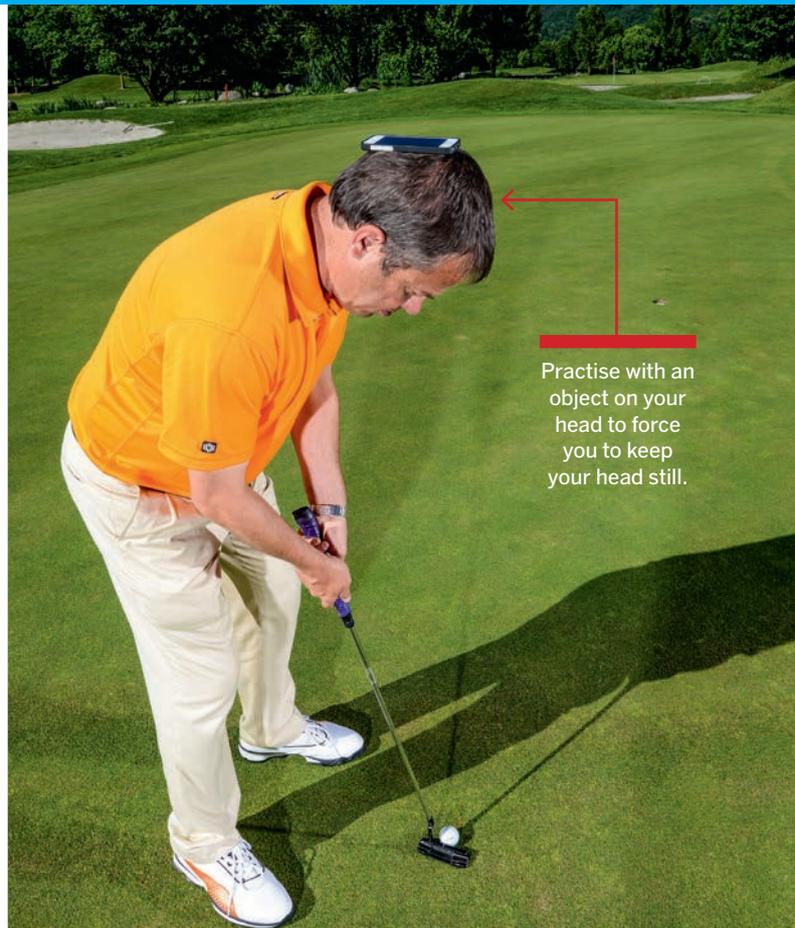
Tour player Robert Coles marks a dimple with a pen and focuses on that when putting to increase his concentration.

4. PUTTING: PRACTISE TO PERFORM

The image: Head still



Danger move:
Lifting your head early to look at the ball causes excess body movement.



Practise with an object on your head to force you to keep your head still.

TOTAL GAME IMPROVEMENT PLAN: SHORT GAME

Tour tip: Routine

Look at the hole...



... Then back at the ball...



... Swing back and then through.

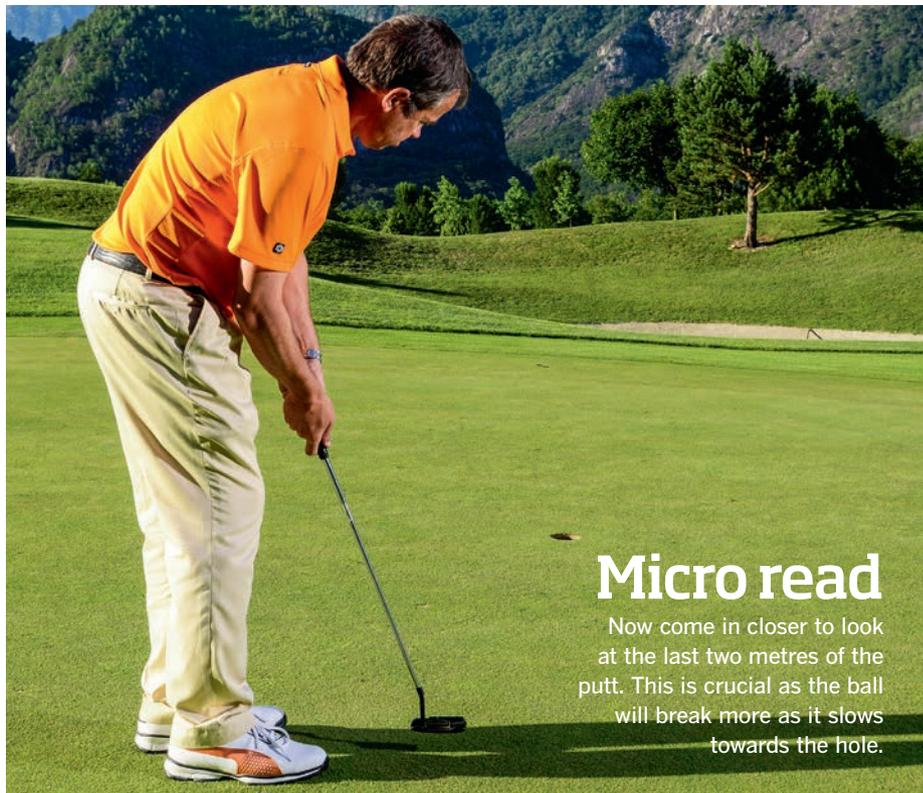


4. PUTTING: TAKE IT TO THE COURSE



Take it all in

Start by stepping back and looking at the general lie of the land for clues about how your putt will break. The high banking on the left of this green tells me I'm faced with a downhiller.



Micro read

Now come in closer to look at the last two metres of the putt. This is crucial as the ball will break more as it slows towards the hole.



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PART 1

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