

Carolina Trace Country Club



Short Game School



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PUTTING

Putting is a game within itself. A good putter can make up for weak areas in the game of golf. Putting is an area of the game where everyone can be equal because it takes very little physical strength to be a great putter. Putting is made up of two important elements, principles and application.

The principles of putting are the following:

1. Set-Up.
2. Ball position.
3. Grip.
4. Position of the eyes.
5. Alignment of the triangle (shoulders-arms-hands).
6. Alignment of the putter face.
7. The stroke.

1. Set-Up: The set-up refers to the position of the lower body, the BASE or ANCHOR in the putting stroke. The stance is wide and doesn't move during the entire stroke.

2. Ball position: The ball is played to the left of center, close to the inside of the left heel. After impact the ball goes through a skidding period. When the ball is back or up too far in the stance the angle of contact increases the ball's skidding or bouncing period. The quicker the ball starts rolling the more it is likely to stay on the intended line. This ball position is during the shallowest part of the stroke.

3. Grip: There have been many successful types of grips used in putting. There has always been one consistent factor in each one. The position of the palms MUST face each other.

4. Position of the eyes: This is critical in seeing the correct line and aiming your putter face. Positioning your eyes directly over top of the ball will give you the best view of the intended line of putt. If the eyes are set too far to the inside, this distorts the view out to the right. If the eyes are set too far outside the ball, this will distort the view of the line to the left.

5. Alignment of the triangle: This will help in making a consistent stroke time after time. The shoulders, arms and hands when properly placed on the club form a triangle, which is parallel to your intended line of putt.

6. Alignment of your putter face: Proper face alignment is key to starting the ball on the correct line of putt. In aiming your putter face, place the putter in your right hand and with your eyes over top the intended line, adjust the face until it points at your target. Once in place, trust it and place your left hand on the putter and align your body to the putter.

7. The stroke: This is the most talked about element in putting. It's important but not as critical as you may believe. Describing the stroke, the putter moves straight back and a little to the inside, then back down the target line, through straight and then a little to the inside. There have been many different versions that have also been successful. The best time to practice your stroke is away from the putting green and without a ball.

Principles are the foundation to becoming a great putter. They must be broken down and time spent on each one for them to become habit. A great putter will consistently monitor their principles and ONLY think about them during practice. The last sentence is critical to great putting.

PUTTING CONTINUED

Application: By definition it means the act of applying or putting to use. This is the secret to making putts. Taking the principles and putting them to good use. Two elements have to exist for the ball to go in. One, the ball must be rolling on the correct LINE and two, it must be rolling with the correct SPEED. Of the two elements line and speed, speed is a little more important. A perfect stroke or ball position will not ensure the ball to go in. If a player tries for example to make a perfect stroke and feels the putter go off line, they will grab it and try to put it back on line. When they do this they must change grip pressure, when you change grip pressure you will effect the centerness of hit and face angle of the putter. Both of which will result in poor line and speed. The goal over a putt must be to put it in the hole from anywhere, not to make a good stroke.

When talking about application you must begin with routine. A routine will act as a security blanket when you need it most. "If I just go through my routine it gives me the best opportunity to make the putt." A routine is an act or procedure which is done the same way over and over to produce consistent results.

Steps to positive putting:

1. HAVE A POSITIVE ATTITUDE.
2. PICK OUT A TARGET SMALLER THEN THE SIZE OF THE CUP (4 1/4").
3. READ THE BREAK OF THE GREEN AND TRUST IT WHEN ADDRESSING THE BALL.
4. TAKE PRACTICE STROKES LOOKING AT THE SMALL TARGET PICKED OUT.
5. ONCE THE PUTTER IS AIMED - PULL THE TRIGGER.

Putting is a reaction to a target, ball to hole. Just like other sports, ball to catchers mitt, ball to hoop or puck to net. Keep your focus there and you will begin to make more putts.

Student's Notes

PUTTING EVALUATION MATRIX

< CONSISTENT STROKE

VARIABLE STROKE >

PATH	Straight along target line.	Slight inside Square inside	Substantial inside square inside	Inside out opposite cut	Outside in cut stroke
FACE ANGLE	Constant square Square/square	Small rotation open	Symmetric rotation Open/square closed	Large rotation open	Hand manipulation
IMPACT POINT	Sweat spot Repeatable	Slightly heel Repeatable	Variable Between-heels	Slightly toe	Very toe
HAND POSITION	Vertically below shoulders	Slightly outside shoulders	Slightly inside shoulders	Significantly outside shoulders	Significantly inside shoulders
SHOULDER LINE	Parallel left	Slightly open	Substantiall y open	Slightly closed	Very closed
FOREARMS	Even	Slightly uneven Right Low	Slightly right high	Substantial Right low	Substantial right
WRIST	No angle No motion	Bent at angle No motion	No angle Small motion	Bent at angle Some motion	Large angle Large motion
GRIP	Palms Parallel in left palm	Weak in palms	Strong in palm	Palms Parallel in fingers	Strong in fingers
TEMPO	Smooth flowing Repeatable	Flow with personality Repeatable	Fits personality Variable	Mechanical Variable	Spastic Variable day to day
PRE-SHOT ROUTINE	Rhythmic Repeatable	Rhythmic Repeatable cyclic	Basically Repeatable	Changes weekly New system	New experience every time out
ATTITUDE	Ready willing Positive	Ready Want to	Like to	Little discipline	No discipline

PUTTING

POSITION 1:

- Eyes over the ball.
- Feet parallel to the line.
- Shoulders, forearms and hips are parallel to the line.



POSITION 2:

- Ball position off of left foot.
- Neutral grip.
- Wide stance.



CHIPPING

Chipping is similar to putting in a sense where you have principles and application. The principles of chipping are the following:

1. Set-Up.
2. Ball position.
3. Grip.
4. The stroke.

1. Set-Up: The set-up has three critical check points. One, the position of your club is perpendicular to the slope you are playing from. To do this make sure that the butt end of the club is pointed at your belt buckle. Second, the position of the shoulders. Most areas around the greens are sloped, make sure your shoulders are set on the same slope as the ball. This will prevent the club from digging into the ground. Third, the position of your weight. Place your weight on the front side of the swing. This will ensure that the club strikes the ball slightly on the down swing. This will provide enough downward blow to get the ball over the rough ground and rolling as soon as possible.

2. Ball position: The ball position is to be played in the middle of your stance. Playing the ball may vary based on your lie. If the ball is on a down hill lie, move the ball back. On up hill chips move the ball forward of center. Your stance should remain square on level or downhill lies. Uphill lies drop the left foot back to level out your hips.

3. Grip: In chipping we recommend a very neutral grip. Place the club down the center of your fingers and place the thumbs on top. The thumb and first finger of the right hand should be very close and down the center of the shaft. Grip pressure will have a direct influence of how the ball will react to impact. A firm grip will produce a hotter shot with more roll. A soft grip will allow the face of the club to absorb impact producing a softer shot with less roll. Experiment to get the feel you want.

4. The stroke: The chipping stroke is controlled by your pivot. The hands and wrist cock the club early in the stroke, this is to promote a downward hit at impact. The club will travel slightly inward and upward. Feel the left hip pivot on the downswing as the club moves into the impact position. The club needs to be PINCHED between the ball and the ground with a short finish. The big key to controlling distance is tempo .

Application exists once you are on the course playing a shot. Remember the playing field is always in front of you.

Steps to positive chipping:

1. HAVE A POSITIVE ATTITUDE.
2. PICTURE THE SHOT YOU WANT TO PLAY.
3. PICK A SPOT WHERE YOU WANT THE BALL TO LAND.

CHIPPING CONTINUED

Steps to positive chipping:

4. GET THE BALL ON THE GROUND ROLLING AS SOON AS POSSIBLE.
5. TAKE MANY PRACTICE STROKE TO FEEL THE LIE AND THE DISTANCE.
6. ALWAYS TRY TO CHIP THE BALL IN THE HOLE.

CHIPPING MOTION



Student's Notes

PITCHING

Pitching is similar to chipping due to their common principles. The principles of pitching are the following:

1. Set-Up.
2. Ball position.
3. Grip.
4. The stroke.

1. Set-Up: The set-up has three critical check points, like the chipping stroke. One, the position of your club is perpendicular to the slope you are playing from. To do this make sure that the butt end of the club is pointed at your belt buckle. Second, the position of the shoulders. Most areas around the greens are sloped, make sure your shoulders are set on the same slope as the ball. This will prevent the club from digging into the ground. Third, the position of your weight. Place your weight over your left hip to be solid at impact.

2. Ball position: The ball position is influenced by the type of lie you have. With a good lie, play the ball between your ankles or middle of stance. The worse the lie the further back in your stance you should play it.

3. Grip: The grip is the same as the full swing.

4. The stroke: The hands set an early wrist cock as the shoulders turn. The club swings a little to the inside and upward. Start the transition to the forward swing smooth and with the use of your pivot. The body will rotate with club to keep it on its intended path. Make sure on the finish that your right heel is up and you are facing the target.

Application exists once you are on the course playing a shot. Remember the playing field is always in front of you.

Steps to positive pitching:

1. HAVE A POSITIVE ATTITUDE.
2. PICTURE THE SHOT YOU WANT TO PLAY.
3. PICK A SPOT WHERE YOU WANT THE BALL TO LAND.
4. TAKE MANY PRACTICE STROKES TO FEEL THE LIE AND THE DISTANCE.
5. ALWAYS TRY TO PITCH THE BALL IN THE HOLE.

PITCHING MOTION



Student's Notes

BUNKER PLAY

Bunker shots are among the most feared shots in golf. The best approach to playing a shot from the bunker comes from the mind. Choose positive self coaching to help you execute the principles of playing the sand. The principles are as follows from a PLUGGED or BURIED lie:

1. Set-Up.
2. Ball position.
3. Grip.
4. Position of the hands.
5. The stroke.

1. Set-Up: The stance is of normal width. The shoulders, hips and feet are square to the target line. Dig your feet into the sand to get below the surface of the ball and to ensure a solid base. Place the club in an square or digging position, this will allow the leading edge of the club to dig into the sand so that the club will be used most effectively. The hands and arms hang straight down and are close to the body.

2. Ball position: The ball position is off the right heel. This will allow the club to dig behind the ball and blast it out onto the green.

3. Grip: The left hand is in a very strong position. The right is the same as the full swing.

4. Position of the hands: Place the hands well in front of the ball, the butt end of the club will point outside your left pocket. This will help the club to have a steep angle of attack, which is necessary to get the ball out of this lie.

5. The stroke: In hitting a bunker shot you want to let the club do all of the work. On the back swing feel the hands set an early wrist cock. There is NO weight shift back. On the forward swing the club should enter the sand about an inch and a half to two inches behind the ball. Try to maintain the same wrist cock you started with during the entire motion. Continue to rotate the body and legs with the club and finish with your weight on your left side.

Application exist once you are on the course playing a shot. Remember the playing field is always in front of you. A ball coming out of a plugged lie will have NO back spin and roll further. Play for it!

Steps to positive bunker shots:

1. HAVE A POSITIVE ATTITUDE.
2. PICTURE THE SHOT YOU WANT TO PLAY.
3. PICK A SPOT WHERE YOU WANT THE BALL TO LAND.
4. ALWAYS TRY TO MAKE THE BALL GO IN THE HOLE.

Student Notes:

BUNKER PLAY

Bunker shots are among the most feared shots in golf. The best approach to playing a shot from the bunker comes from the mind. Choose positive self coaching to help you execute the principles of playing the sand. The principles are as follows from a GOOD lie:

1. Set-Up.
2. Ball position.
3. Grip.
4. Position of the hands.
5. The stroke.

1. Set-Up: The stance is wide. The shoulders, hips and feet are square to the target line. Dig your feet into the sand to get below the surface of the ball and to ensure a solid base. Place the hands slightly behind the ball and lower them toward the sand. This will allow the bounce of the club to be used effectively and NOT dig into the sand. The hands and arms hang straight down and are close to the body. The weight should be positioned over the left hip.

2. Ball position: The ball position is just forward of center.

3. Grip: The grip is the same as the full swing.

4. The stroke: The hands set an early wrist cock as the shoulders turn. The club swings a little to the inside and upward. Start the transition to the forward swing smooth and with the use of your pivot. The body will rotate with club to keep it on its intended path. Make sure on the finish that your right heel is up and you are facing the target.

Steps to positive bunker shots:

1. HAVE A POSITIVE ATTITUDE.
2. PICTURE THE SHOT YOU WANT TO PLAY.
3. PICK A SPOT WHERE YOU WANT THE BALL TO LAND.
4. ALWAYS TRY TO MAKE THE BALL GO IN THE HOLE.

Student Notes:

BUNKER PLAY



Student's Notes

DRILLS

FULL SWING:

SWISH DRILL: Turn the club up side down and place in your right hand only. Swing the club back making sure the right arm folds naturally, then swing through trying to make a loud swoosh noise in the impact area. Repeat a few times concentrating on the noise only.

RIGHT FOOT BEHIND LEFT: Take a narrow stance and place your right foot behind your left. Make swings from 9 o'clock to 3 o'clock. Use just your upper body. Helps promote balance, inside to inside path and release of the hands.

FEET TOGETHER: Swing the club from 9 o'clock to 3 o'clock with both feet as close as possible together. This will help with balance, timing and lower body support.

HOLDING THE 8 KEY POSITIONS: Rehearse the 8 key positions by holding each one for thirty seconds. This will help train muscles and teach you a better understanding of the golf swing.

BAG UNDER THE LEFT ARM: Place a small range bag under the left arm. Hit pitch shots only. This will help you to stay connected and teach your left arm to rotate and fold.

SPONGE DRILL: Place a large sponge between your forearms and hit short pitch shots. This will teach your arms to work together and help you stay better connected during the swing.

SWING PATH DRILL: Place a shoe box or pillow just to the outside or the inside of the target line. Hit full shots and avoid hitting the box or the pillow. This will improve your intended path.

PUTTING:

LINE DRILL: Line 8-10 balls in a row about 1 yard apart. Start from two feet away from the hole. Hit each putt without a practice stroke and with no reaction if the ball goes in the hole or not. You should move through the drill quickly, but not hurriedly. The goal is to look at the hole then putt the ball without thinking about the stroke. Evaluate the results. Do this 5-6 times.

TWO PUTT DRILL: Place a golf tee five, ten and fifteen feet away from the hole. Start with three balls at the five foot putt. Hit the first putt, if it goes in great, if not walk up and putt it out. Continue this process until you have two putt all three balls. If you successfully two putted all three putts move to the ten foot putt. If you three putt any ball you **MUST** start back at the five foot putt. The goal is to two putt from five, ten and fifteen feet. If the drill becomes easy add a ball and move the tees back a foot at each station.

SPEED DRILL: Place five to six balls in the center of the green. Putt each ball in a different direction trying to get it as close to the collar as possible.

LADDER DRILL: Place a tee one foot from the hole. Continue to place a tee one foot from the previous tee for about a total of ten or eleven feet. Start at one foot and keep moving back until you completely climb the ladder. If you miss start at the beginning.

CLOCK DRILL: Start at two feet and place five or more balls around the hole in a circle. Start with one ball and if you make it keep going around the clock until you miss. Once you miss start over.

DRILLS CONTINUED

SHORT GAME: The following drills can be done to sharpen chipping, pitching or bunker play. Practice with a friend, it will help both of you improve faster.

CHIP, PITCH OR BUNKER N PUTT: Take one ball, your wedge and putter. Pick a shot from off the green. Chip, pitch or bunker shot the ball on the green. After you have played the shot go up on the green and putt the ball. Do this ten times from different shots all around the green. See how many times you get it up and down.

CHIP, PITCH, OR BUNKER TO DIFFERENT FLAGS: Change your target after each shot from the same position. This will help you to control distance.

CHIP, PITCH OR BUNKER W/ A FRIEND: You and a friend take two balls. One person picks a shot. Play closer to the pin, the winner goes one up. Play to five and consider it game one. Play the best out of five games. Use different shots from all around the green, including chips, pitches and bunker shots.

CHIP, PITCH OR BUNKER HAND TOSS: Take a ball and place it in your right hand. Stand the same as if you were playing a golf shot. Toss the ball on the green. Do this several times, it will help you get a feel for distance and trajectory for the shot.

CHIP OR PITCH: Place a box or bag just in front of your ball. Chip or pitch the ball over the box or bag then land in it on the green. This will help you to get the ball in the air without fear.

BUNKER: Place a wide 1/4 inch board about two to three inches under the sand. Play bunker shot from off the board. The board will eliminate the club from digging and give you the feel of a SPLASH.

SUGGESTED READING LIST

A Swing for Life; Nick Faldo

Lessons from the Golf Greats; David Leadbetter

Advance Golf; Greg Norman

Modern Fundamentals of Golf; Ben Hogan

Getting it Up and Down; Tom Watson

Golf is Not a Game of Perfect; Dr. Bob Rotella

Golf is a Game of Confidence; Dr. Bob Rotella

Golf of Your Dreams; Dr. Bob Rotella

How to Become a Complete Golfer; Bob Toski & Jim Flick