



Leave it to Loft

Most amateurs make the mistake of trying to help the ball in the air. But as you can see in figure 1, the weight is forced on to the back foot as the hand tries to scoop the ball up in the air. This results in a thin or fat shot. In other words, you either send the ball flying over the green or it goes nowhere. And believe me; you'll also battle to stop that ball on the green!

Remember the golf club is blessed with loft and, as such, we should leave it to take care of the shot. In figure 2, you can see that the hands are ahead of the club head and 70% of the weight is on the left leg. At and after impact, the address position is similar – you should already have 70 percent of your weight firmly placed on the left leg and it should never be transferred to your right.

Here's the drill

At address, lift your right heel of the ground and push your knees towards the target. Now try hitting some chips without feeling any weight transfer.

Visit www.jbgolfacademy.co.za or www.pgasa.com to find out if your pro is a member of the South African PGA and qualified to give lessons. Educate yourself to receive the best.



Fig 1

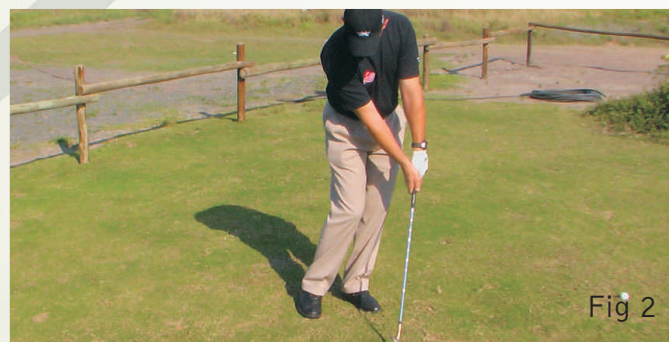


Fig 2



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