

1 SECRET TO A GREAT SHORT GAME



Consistently
Leave Your
Chips, Pitches
And Bunker
Shots
**Inches From
The Hole**

Jeff Richmond

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Introduction

Welcome to this program specifically designed to improve your short game. Now the short game is one of the most important parts of the game of golf.

Why?

Because it's been discovered that 60 to 65% of all golf shots are from inside 100 yards of the hole. Naturally a big part of those statistics comprises of putting (***which is not the short game***) but the fact is....about 80% of all golf shots golfers lose to par happen within 100 yards of the hole. And the large determining factor of this is how close golfers hit their short game shots.

Yes, that's right....it's generally not how well a person putts that determines whether they save par or not but it's how close they hit their short game shots to the hole.

Let me explain that some more...

When it comes to putting it doesn't matter how good a putter you become because the bottom line is that the closer you hit the ball to the hole the more chance you have of holing the putt. And here are some telling statistics from the best putters in the world...

- PGA Pro's hole putts in the 0 - 5 ft range about 95% of the time.
- PGA Pro's hole putts in the 5 - 10 ft range about 55% of the time.
- PGA Pro's hole putts in the 10 - 20 ft range about 25% of the time.

As you'll notice from those stats above....there is a big drop off each time you move further away from the hole. The point is, the further you are away from the hole, the less likely you are to hole a putt. And that doesn't matter how good a putter you become you'll always be around those figures because the greens are not perfect.

So once you get your putting to a good standard the only way you can lower your scores is to get the ball closer to the hole. And the biggest bang for your buck when it comes to doing this is with the short game. Because if you're averaging 30 feet from the hole with a wedge from 75 yards and with practice you get that down to averaging 10 feet from the hole on average then you **WILL** score lower.

The bottom line is that with the short game it's very possible to cut a lot of strokes from you scores by working hard and smart on improving this area of your game. And that's what this short game improvement

program is all about....getting your short game shots closer to the hole so you lower your scores..

Now before I tell you anything else I first want to explain what the short game is not.

The short game is **NOT** putting!

Putting is a separate game all by itself. I get sick and tired of people lumping putting in with the short game. It's not part of the short game...it's a game all by itself.

So with that being said, here's what the short game consists of...

- Chipping
- Pitching
- Distance Wedges
- Bunker shots

And that's the order you're going to work through to improve your short game.

When you do this you'll notice that the action of chipping is very close to the putting action. Then you'll notice that the action used for distance wedges is very close to the full swing action.

That may be one reason why a lot of golfers suffer with the short game. It's a mixture of different aspects of golf. But the short game can definitely be mastered. And that's what I'm going to teach you in this program...

Mastery Of The Short Game

So with that in mind, this program will be a very unique way of improving your short game. And the uniqueness comes from the mind set of mastering the short game. You see, this program has not been created to simply save a few shots here and there.

No!

It has been created so that by the end you will have the basics of each aspect of the short game at a great level from which you can then progress to tougher shots. And more specifically, here is the goal I've set for this short game improvement program....

The goal of this Short Game Improvement Program is to teach golfers how to consistently land their ball on the spot they want it to land.

Now you may think that's a strange goal to set for this program so let me explain that some more by telling you the...

3 Things You Need To Have For A Great Short Game

- 1.** You need to have control over the physical swing as that produces the trajectory, velocity and spin rate of each shot. **And all of this determines where your ball lands.**
- 2.** You need to be able to determine and accurately predict how the condition of the ball is lying is going to affect the shot you're going to play.
- 3.** You need to have a good idea and feel for how the ball is going to react when it lands.

If you look at that list above you'll notice that it doesn't matter how good you can become at number 2 and 3....if you can't consistently hit the ball so it lands on the spot you've chosen for your ball to land then everything else is irrelevant.

So that's why for all four main parts of the short game....

- Chipping
- Pitching
- Distance Wedges
- Bunker shots

...I'm going to teach you how to hit the ball consistently on the spot you want. **And you're going to learn to do this from a perfect lie.**

Naturally you won't always have a perfect lie on the golf course but that's not the point of teaching you the short game this way. The point is that if you can't hit the ball the distance you want from a perfect lie then it doesn't matter what the lie is like because you won't be able to hit the ball the distance you want from a bad lie!

So please understand this...

All the practice I get you to do during the main part of this program will be from a perfect lie. Then, after you've finished this main program I will then teach you how to tackle the last 2 components

needed for a great short game i.e. how the lie is going to affect your shot and how you determine the ball will react when it hits the green.

Important Note: When you're going through this short game improvement program you must understand that learning to hit the ball the distance you want is the first thing you must ever master if you're going to have a great short game. You may get frustrated sometimes with only focusing on this one aspect but trust me...**this is the best way to master the short game and in the long run you'll thank me for teaching you this way.**

Every other resource I've seen on improving the short game misses the point about only focusing on learning to hit the ball the distance you want. Instead they give you everything needed for a great short game and that leads to very little improvement if any. I believe that is not the best way to improve your short game. The way I'm teaching you in this program is the best way to improve your short game.

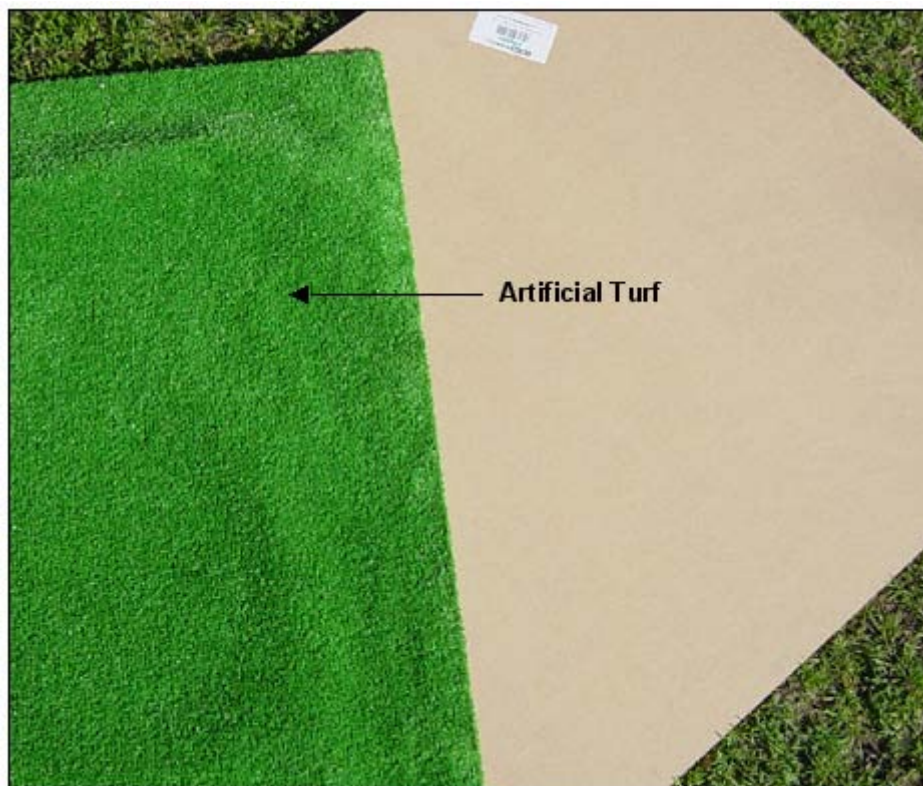
But I just might be biased. 😊

Now to complete this program you're going to have to create a short game practice station from which you will **ALWAYS** have a perfect lie. To do this here is what you need to get.

You'll need a sheet of MDF/Plywood like the picture on the next page shows.



That costs about \$10. It's only 5 millimetres thick by the way. Then you'll need some artificial turf to cover the MDF/Plywood board.



A yard of artificial turf like what is pictured costs about \$20. So all up this costs about \$30. But it's \$30 well spent as you'll soon see.

When you've got these two things then you can nail the artificial turf to the MDF/Plywood board and cut the artificial turf so you have the finished product from which it's going to be your perfect short game practice station. Here is the...

Completed Short Game Practice Station



Also, to complete this short game improvement program you'll need some table tennis balls...



Now there's one big aspect of the short game that will absolutely determine if you can consistently hit the ball the distance you want consistently. And that aspect is the angle of attack into the ball and where your club contacts the ground.

Up until this point that was very hard to teach anyone. But now there is a great training aid that is priceless in terms of training you how to do this. The training aid that teaches you how to do this is The Chip Fix.



You can find out more about that in this video:

<https://www.youtube.com/watch?v=SbA9wzTYmKk>

And here is where you can buy one: <https://www.ebay.com/itm/The-Chip-Fix-Golf-Short-Game-Golf-Training-Aid-/254221329191>

I'm not making any money from this recommendation. But I believe in that product 100%. Using the Chip Fix combined with the rest of the information in this program is going to help your short game tremendously. So please get The Chip Fix as well.

Ok, that's what you need to start this program. But you may be wondering how you're going to have a great short game. Well...

- In lessons 1 - 4 you're going to learn all you need to know about the chipping action.
- In lessons 5 - 8 you're going to learn all you need to know about pitching.
- In lessons 9 - 12 you're going to learn all about hitting distance wedges.
- In lessons 13 - 14 you're going to learn about bunker shots.
- In lesson 15 I give you a maintenance practice plan. And in this maintenance plan it covers all the essentials of maintaining a solid short game

What Happens At The End Of This Program?

At the end of the program I give you a maintenance practice program. And in this maintenance program it covers all the essentials of maintaining a great short game.

Now during some parts of this program it will be relatively easy for you. Other parts of the program may be tough for you to master. That's just the way it is. We're all different. So use this program as a guide. A very good one, but adjust it to suit you and your golf game.

During this program you will sometimes see boxes like this....

Important Note: This is a sample important note box.

And when you see a box like this make a special effort to read the information contained in it carefully. Because the information in those boxes will be very important and if you don't follow the instructions in those boxes or "get" what I'm saying in them then you will not get the most benefit and best results out of this program.

They really do contain important information so read them....carefully!

All right, I know if you complete this short game improvement program it **WILL** make a massive difference to improving your short game and as a result you'll score lower and have more fun playing golf. So to start this exciting process to having a great short game here are your...

Tasks For Today

1: You need to create the short game practice station just like I've shown you and get some table tennis/ping pong balls.

2: You need to get The Chip Fix training aid.

3: When you've created your short game practice station, acquired some table tennis balls and received The Chip Fix training aid then go to **Lesson 1** on chipping.

Now finally, as you move through this program always remember, I'm here to help you. So if you have any questions about what you've been instructed to do, then please email me with full details of your question. I will generally answer your question within 24 - 48 hours.

For Consistent Golf,

A handwritten signature in black ink that reads "Jeff Richmond". The signature is stylized, with the first name "Jeff" written in a cursive-like script and the last name "Richmond" in a more formal, slightly cursive font.

Jeff Richmond
Director of Instruction
ConsistentGolf™

Lesson 1 – Chipping (Part 1)

Next, after putting, chipping is the easiest motion in golf. And the reason for this is because a chip shot has the least moving parts after putting.

Now in this first lesson I'm going to teach you something called **chip-putting** but before I do that I need to give you the definition of a chip shot. You've probably heard a variety of definitions on what constitutes a chip shot....but most of them are wrong. So here is the best definition of what a chip shot is...

Important Note: Chip Shot Definition...a chip shot is a motion that is very close to the pendulum putting motion as it requires no independent wrist movement.

So a chip shot is not defined by how far the ball flies or rolls, but rather a chip shot is defined by the motion being very close to a pendulum putting action and it requiring no independent wrist movement. So if you are chipping the ball and you break your wrists then you have just hit a pitch...not a chip.

OK, that's cleared up, let's now start this first chipping lesson and to do this you'll need your....

Completed Short Game Practice Station



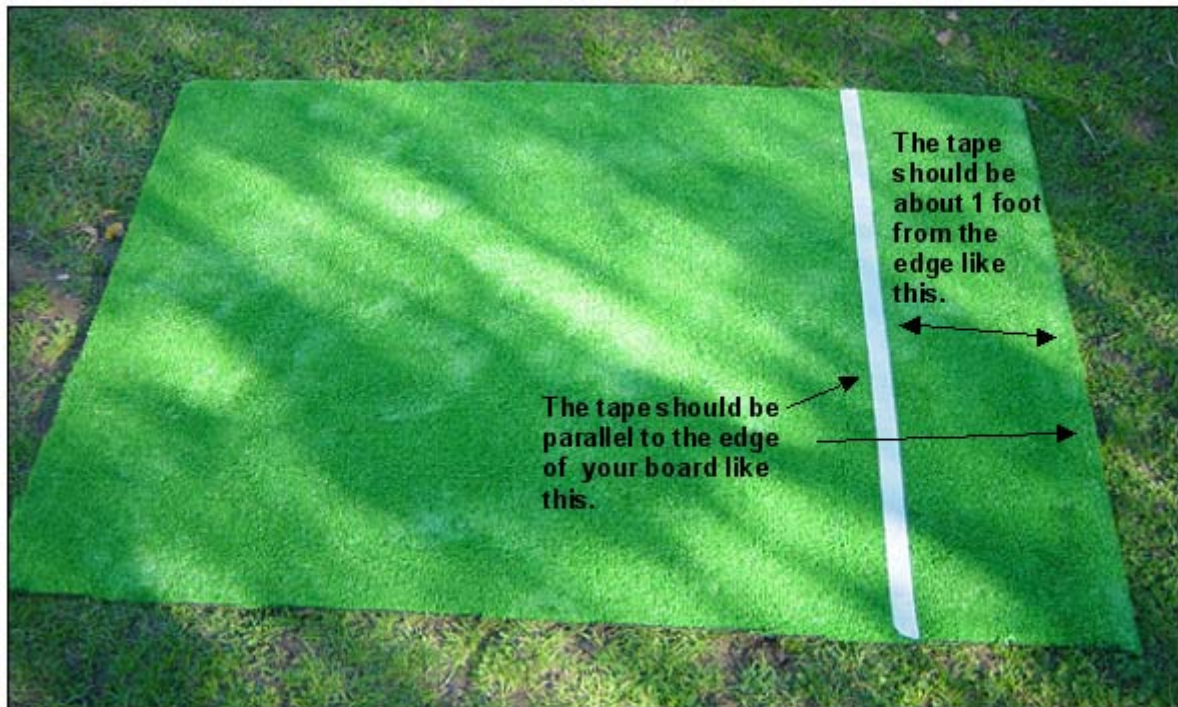
You'll also need your table tennis/ping pong balls and The Chip Fix.



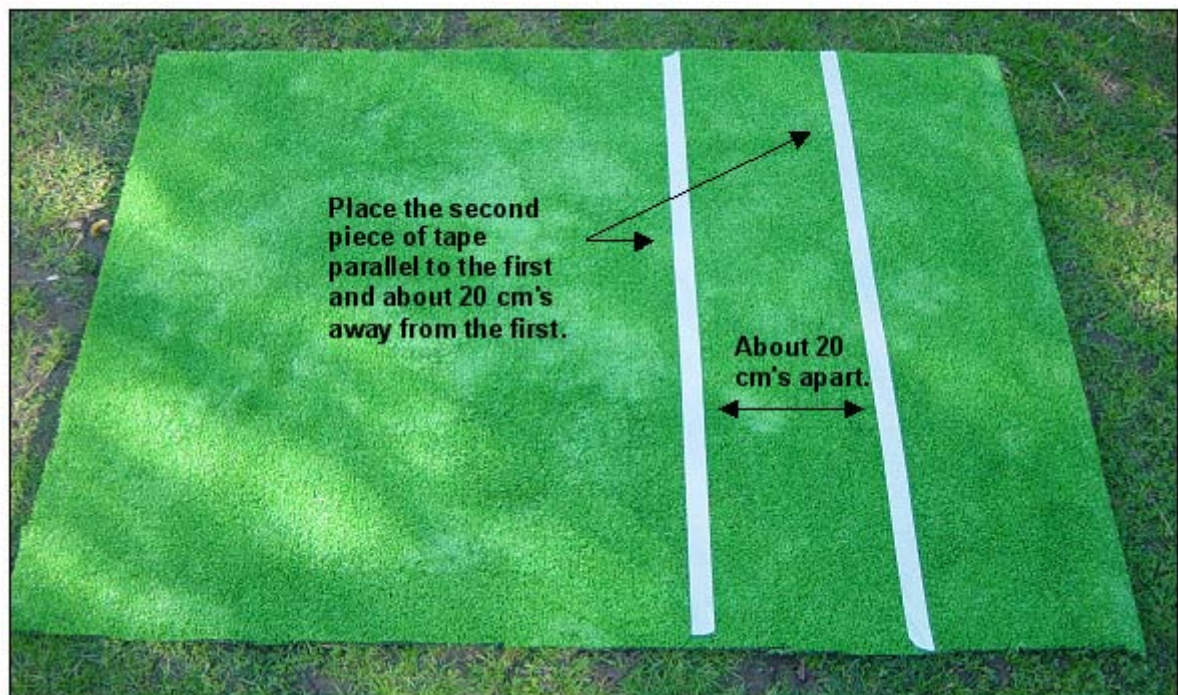
Plus to complete this lesson you'll need to get some white masking tape....



Once you have some white masking tape then I want you to cut a long piece and put it on the artificial turf so it's parallel to the shortest edge on your short game station. And place this line about a foot inside the edge of your board.

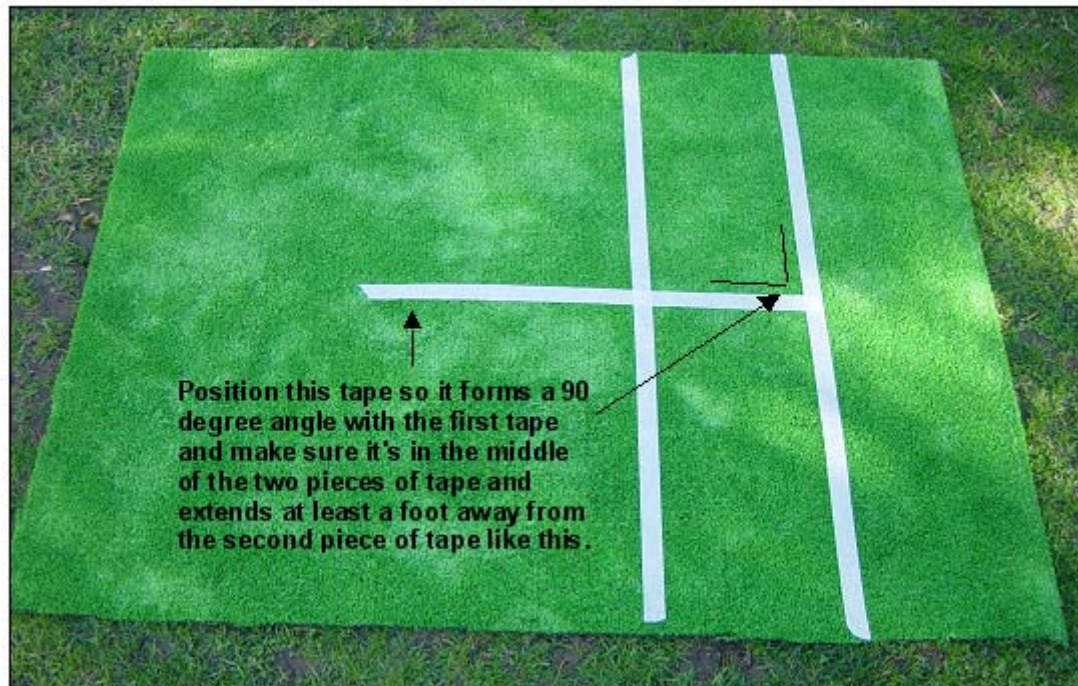


After doing this you then need to put another piece of tape about 8 inches (20cm's) inside the first tape and parallel to it.

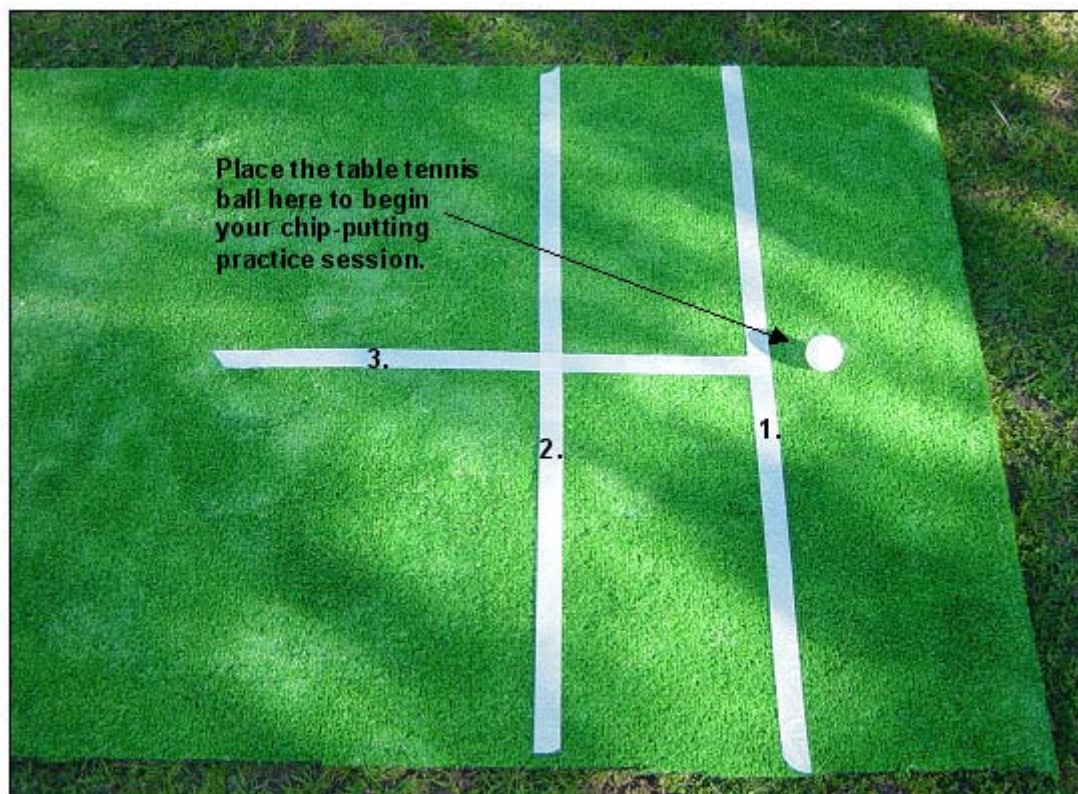


Important Note: The distances I'm telling you to place your tape are a rough guide. As you're completing this lesson you may need to adjust them to suit you. So if you need to then move them.

Finally, in the middle of the two pieces of tape you need to put a piece of tape like this...



OK, now place a table tennis/ping pong ball just outside the first line where the 3rd line would intersect if it were to continue.



Once you've set this up then you need to get out your 9-iron, as that is what you're going to be chip-putting with.

OK, to setup to **chip-putt** I want you to hold the club with just your right hand and place your 9-iron behind the ball so it's aligned square to the starting line of your shot. Then place your right foot just to the right of the 3rd piece of tape that you've put on the artificial turf. On the next page is a picture of a student showing you what to do...



Hold the club with your right hand and place the 9-iron down so it's aligned directly at the starting direction of your shot. Also place your right foot just to the right of the 3rd piece of tape you put on your short game practice station.

Important Note: At this stage you should NOT have a final target that you're wanting your ball to finish - that will come later.

Next I want you bring up your left foot up so it's just to the left of the 3rd piece of tape that you placed on the artificial turf. And at the same time I want you to grip your 9-iron **with a putting grip**.



Bring up your left foot and place it to the left of the 3rd piece of tape that you placed on your artificial turf. Also, at the same time grip the club with a putting grip.

Now I'm not really concerned with the putting grip you use. Just use the same grip as you do when you're putting. Here is a close-up of the putting grip this student is using.



Important Note: You'll notice that in the picture above there is a lot of the actual grip (the rubber thing) visible. That's because the student is gripping well down on the grip. And to setup to this chip shot as though you're putting you'll probably have to do the same, which is fine.

OK, next you need to move your right foot to the right so it's about in line with where your right shoulder is...



Move your right foot to the right so it's about in line with where your right shoulder is.

...then you should move your left foot to the left so it's virtually in line with your left shoulder.



Move your left foot to the left
so it's about in line with your
left shoulder.

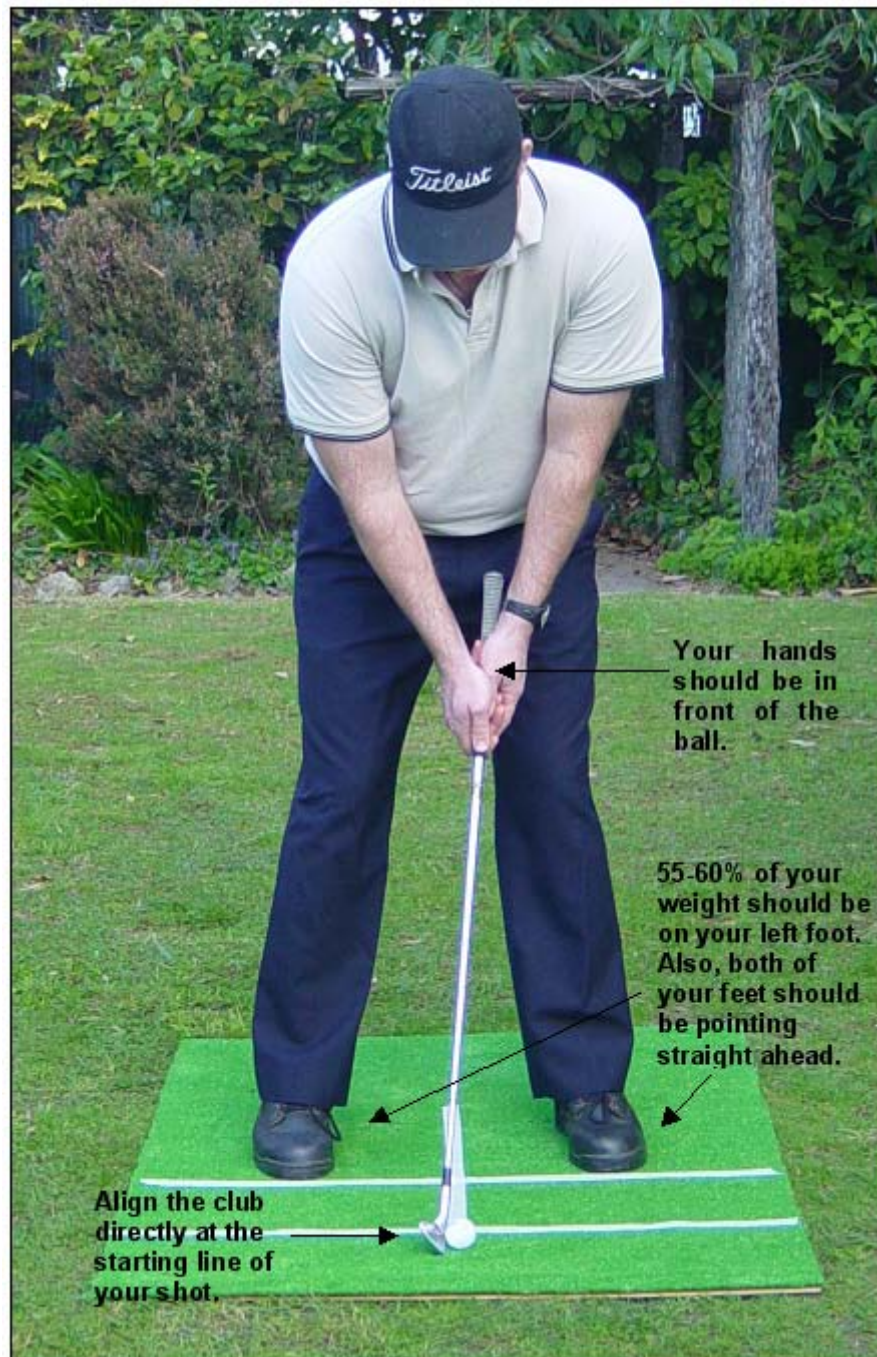
Now it's important when you setup to **chip-putt** that you...

- align the club directly at where you want your ball to start
- have some flex in your knees
- position your hands so they are in front of the ball
- position your eyes directly over the ball
- have your arms relatively straight
- align your feet, knees, hips, shoulders all parallel to the starting line of your shot

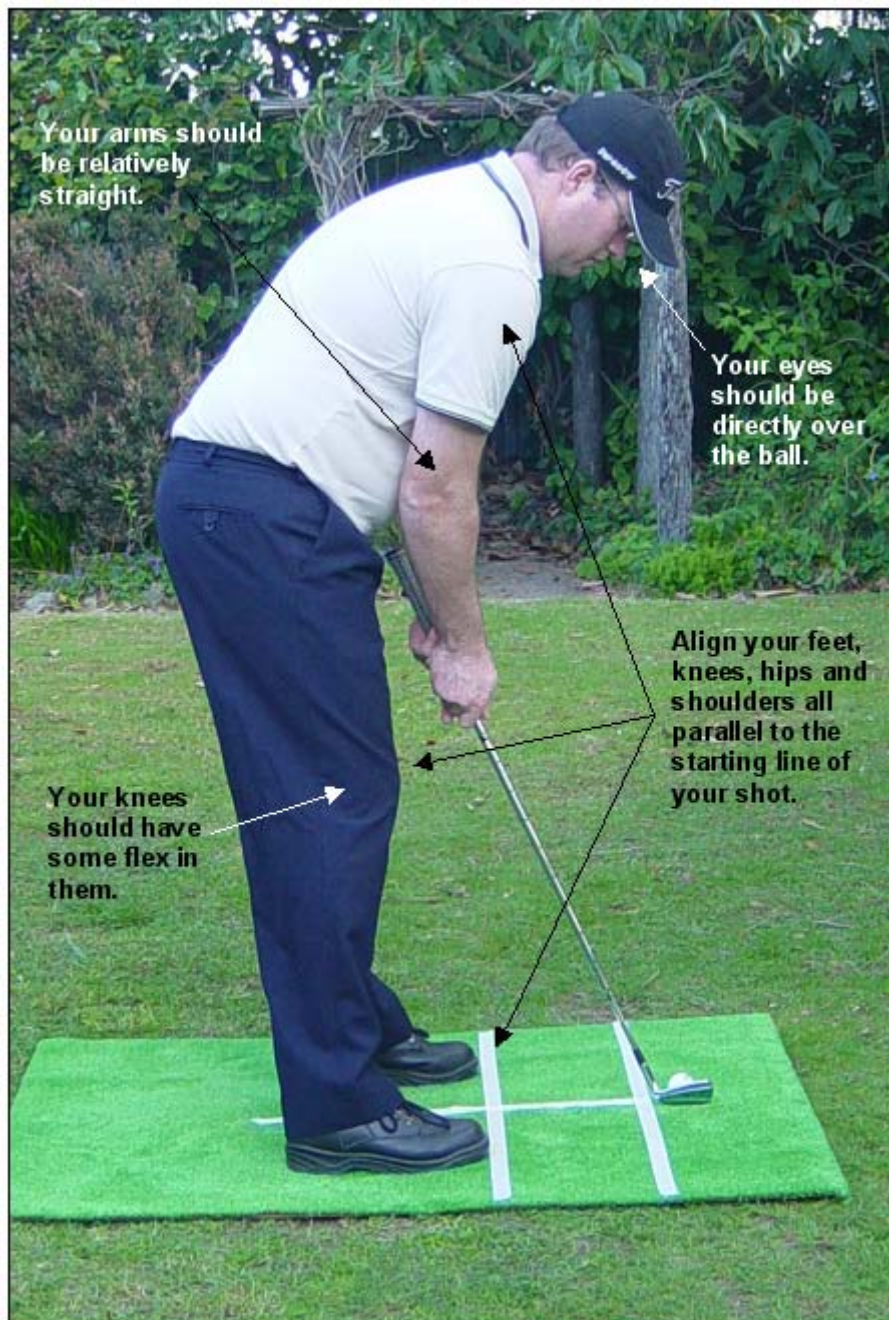
- 55 - 60% of your weight is on your left foot

Here is a picture of summary of the setup you should have for this chip-putt shot...

Chip-Putt Setup Face On



Chip-Putt Setup Down The Line

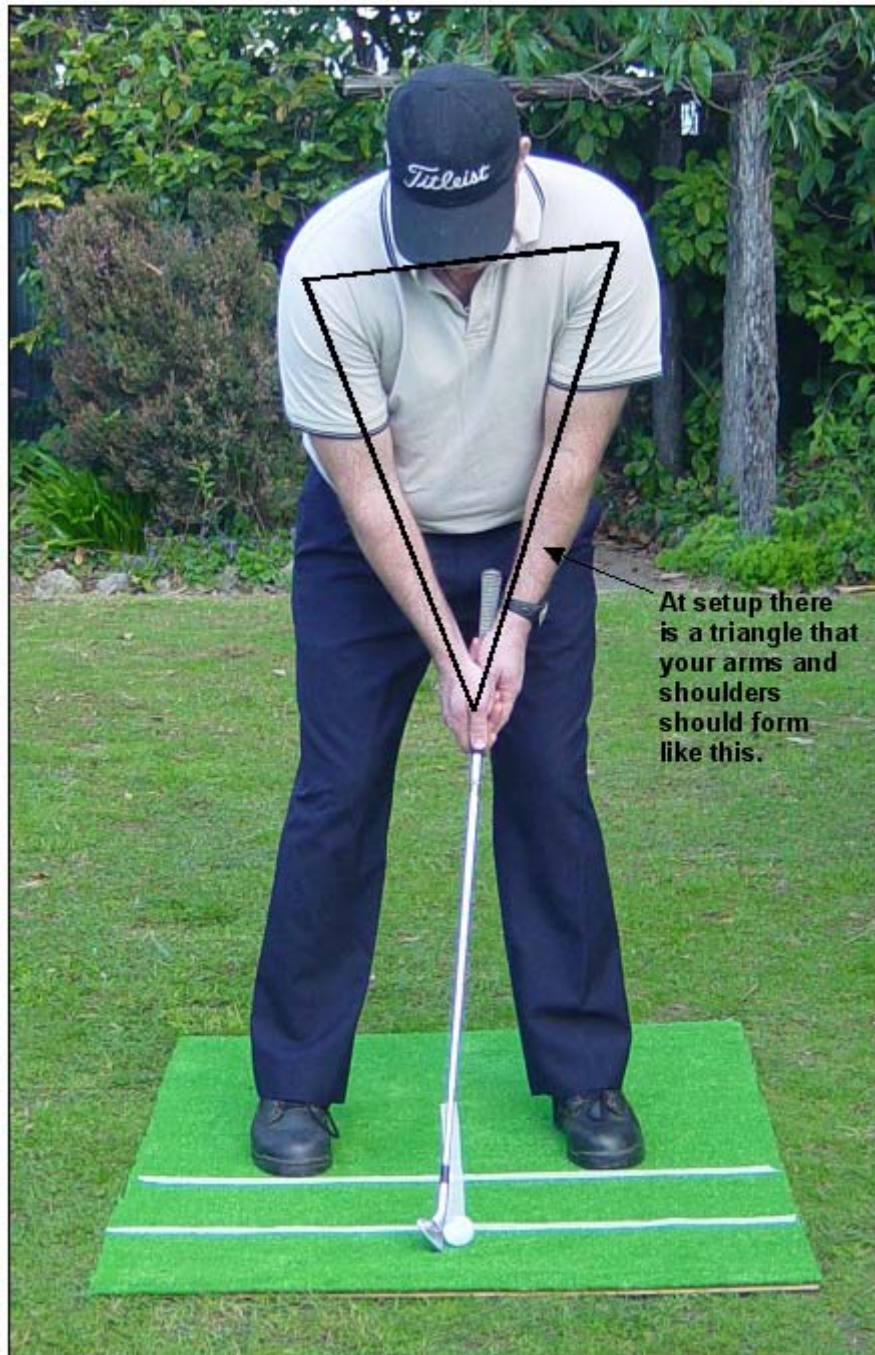


Once you are in a similar position to what is demonstrated above you are ready to swing. Now to swing the 9-iron you need to understand that very little should be moving. And I want to go through the parts that should **NOT** be doing anything as you swing. So here are all the parts that should **NOT** be doing anything as you're **chip-putting**...

- Feet - **Nothing**
- Ankles - **Nothing**
- Knees - **Nothing**
- Legs - **Nothing**

- Hips - **Nothing**
- Head - **Nothing**

All that should be moving to make the golf club move should be your shoulders, arms and wrists, and at setup there is a triangle that is formed like this...



So to swing the 9-iron you simply have to concentrate on moving your shoulders, arms and wrists and keeping this triangle intact as you're swinging. So there should **NOT** be any independent action from your hands. They should be dead.

Now before you swing I need to explain why I'm getting you to start practicing using a table tennis/ping pong ball. The reason for this because I want you to take the hit out of the chipping stroke. A lot of people have problems with the short game because they try to hit the ball. Understand this, **the ball should just get in the way of your swing**. And by using a table tennis/ping pong ball it will help you to learn the swing without the hit that ruins so many short game shots.

OK, just before you swing there's a couple of other things that are **VERY** important.

1. Your follow-through should always be longer than your backswing.

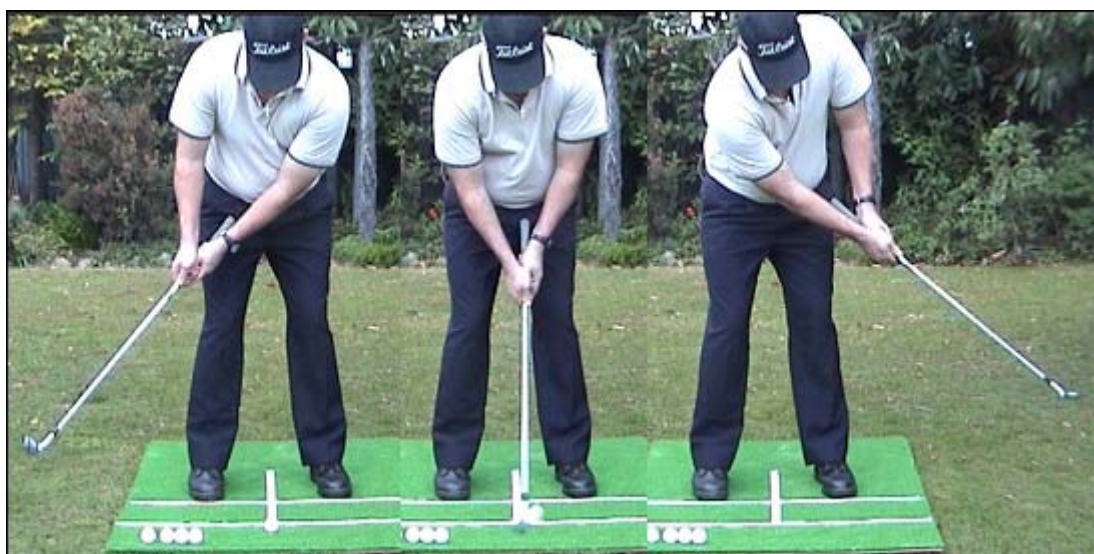
Why?

Because this helps you to naturally accelerate through the ball. You don't have to try and do it. If you swing through longer than you take the club back you'll naturally accelerate through the ball.

2. At the end of every shot you should hold your finish until the ball has stopped moving. And while you're holding your finish position you need to watch the ball and see the trajectory of the shot, distance travelled etc.

OK, so that's all there is to it. **Just swing your shoulders and arms keeping everything else still, and swing through longer than you did going back and hold your finish.**

If you do this properly then at impact you'll arrive at a very similar position as you were at setup. Here is a swing sequence of a student **chip-putting**, and please notice that his follow-through is longer than the backswing and the impact position is very similar to the address position.



Now when you practice I want you to go through the same setup procedure that I showed you. And here is a couple of videos that show you how you should practice this.

Important Note: These videos are showing you a student practicing the drills in this short game improvement program hence the low quality video and no sound.

[Click here to view a golfer practicing the chip-putt correctly from the face on view on down the line view](#)
(See Lesson 1 Downline and Faceon Videos).

So here's how you need to practice this for the next week....

Tasks For This Week

Task 1 NEW - Practice **chip-putting** as I've shown you. And I suggest you try and do short practice sessions (e.g. 10 - 15 minutes), each day rather than practicing for an hour one day and not doing anything else the rest of the week.

If you can do short practice sessions each day it will help up to build up a more ingrained habit.

When doing this make sure your follow-through is longer than your backswing and you hold your follow-through at the end of each swing.

Time Needed - Approximately 15 minutes Per Practice Session

So that's your first task for this short game program. It's not very hard but it is very important. You need to focus on getting the correct action before you attempt to hit real golf balls specific distances. So practice this and then next week you're going to start using real golf balls and hit to a target. But this will be done with a twist. 😊

So practice what I've taught you today for the next 7 days and then complete Lesson 2 in 7 days time.

Lesson 2 – Chipping (Part 2)

For this lesson I want you to still practice your chip-putting action that I taught you in lesson 1. But today I want you to **start using real golf balls**. And....I want you to start trying to land your ball on a specific spot.

Now to do this I am only going to get you to use your 9-iron. This is not because I believe in only using one club when you're chip-putting. I believe you should use the club that will give you the most chance of success, and that may or may not be a 9-iron. But what I'm doing here is trying to get you to master chip-putting with one club, i.e. a 9-iron, and then after you've done that you can practice with your other clubs.

OK, to get ready for today's lesson here is what you need. You'll need to have your....

Short Game Practice Station



You'll need 5 real golf balls and The Chip Fix.



Then next you'll need an empty paper ream box like this.



Once you have that you then need to cut an opening in the front like this.



Leave about 10 cm's (3.94 inches) of cardboard at the bottom to stop the balls from coming out.

Now this box is what you're going to be chip-putting into. But before you do this you should get something heavy to place on the bottom so that when you hit a golf ball into the box it won't fall over. Like in this example the golfer is using a 2.5 kg weight to the box in place.

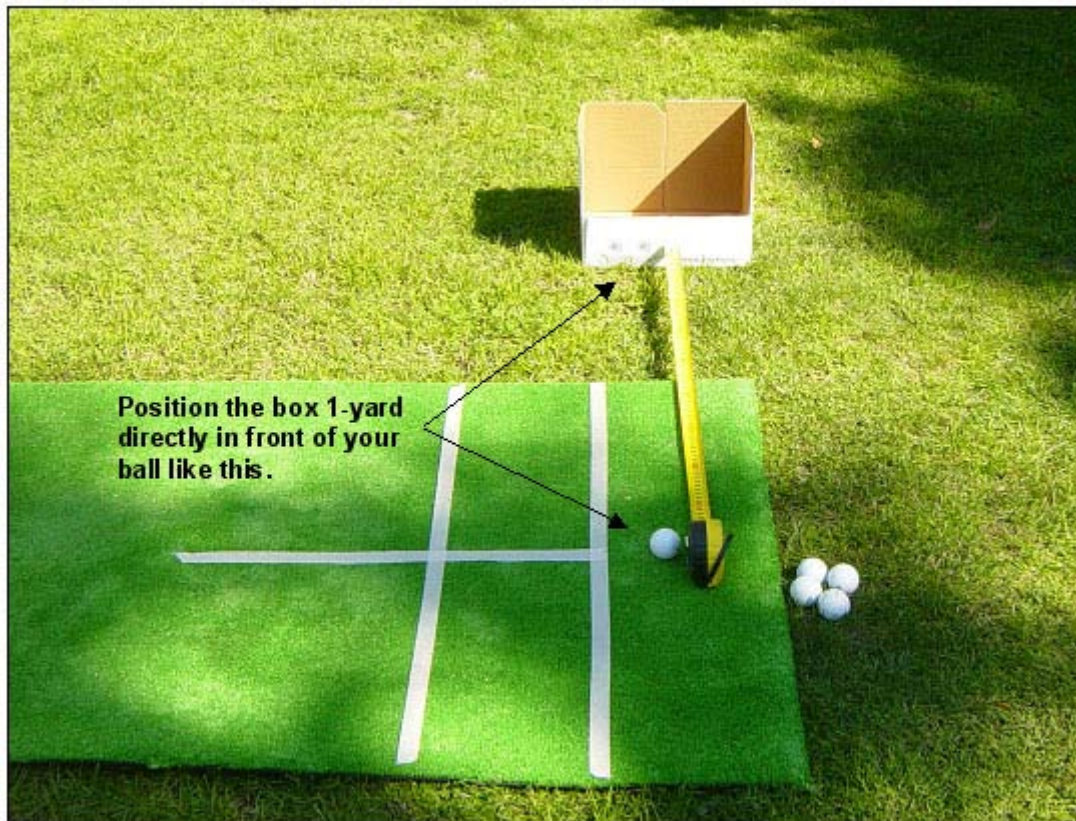


All right, you're almost all set to get started practicing. Just go and grab your 9-iron and then you can make a start.

OK, place your short game practice station down on the ground and put a **real golf ball** where you did for lesson 1 and have four other real golf balls close by.



Then I want you to place your paper ream box so the opening is on a direct line from your ball, and place this box 1 yard in front of your ball.



Now I want you to simply attempt to chip-putt your ball into the box. Here is a video of a golfer practicing this.

[Click here to view a golfer practicing the chip-putt with real balls into a box. \(See Lesson 2 Video\)](#)

Important Note: The balls may fly into the box and then come out. That's OK. The balls don't need to remain in the box, just fly into it. But it's **NOT** "OK" if your ball flies short of the box or flies over the box.

I think a good goal for saying you've mastered a certain distance is a success rate of 9 out of 10. So once you can do that when the box is only a yard in front of you then you should move the box a yard further away and chip-putt another 10 balls. If you get 9 out of 10 to fly into the box at the 2 yard distance then move the box back another yard.

Keep repeating this (moving the box back after you've successfully achieved 9 out of 10 shot for a certain distance). But naturally there's a distance that you will not be able to chip-putt your ball to, because you

can only hit the ball so far with this action. And with your 9-iron that distance will be about 5 yards. You shouldn't be trying to hit these shots any further than that because that's getting into the chipping/pitching territory.

OK, so here's how you need to put this into action...

Tasks For This Week

Task 1 NEW - Practice **chip-putting** using real golf balls and practice hitting your balls into a box like I've shown you in lesson 2. And set the box at a distance of one yard from you to start with and then only move it back a yard once you've successfully scored 9 out of 10 shots into the box.

Keep doing this for 10 shots and moving the box back until it's a maximum of 5 yards away from you.

Also remember, when doing this make sure your follow-through is longer than your backswing and you hold your follow-through at the end of each swing. I also recommend you use The Chip Fix to do this.

Time Needed - Approximately 15 minutes Per Practice Session

So there you go....you need to keep practicing this and try and master landing the ball on the spot you've chosen. Then in the next lesson I'm going to teach you how to chip the ball properly. So start lesson 3 in 7 days time to get that next important lesson. Until then, have fun practicing chip-putting.

Lesson 3 – Chipping (Part 3)

In today's lesson I'm going to teach you the correct chipping motion. But I want you to continue practicing **chip-putting** as I instructed you in Lesson 2 and in the **Tasks For Today** I'll tell you how you should do that.

OK, chip-putting can be used when you have a very good lie just off the green and you're close to the hole. However there will be many times when you have an average lie and you're just off the green. And because you'll need a more downward blow on the ball you won't be able to successfully use the chip-putting method. Plus there will be times when you need to do a longer shot than chip-putting will allow. So for instances like that you will need to use the chipping method that I am going to be showing you today.

Now to setup for a chip shot this is what I want you to do. Get out your....

Short Game Practice Station



And next I want you to place a table tennis ball down as you did in Lesson 1.



All right, to setup to chip this ball I want you to get **your wedge** and hold the club with just your right hand and place **your wedge** behind the ball so it's aligned square to the starting line of your shot. Then place your right foot so it's about a ball width from the tape. Here is a picture that shows you what to do...



Hold the club with your right hand and place the wedge down so it's aligned directly at the starting direction of your shot. Also place your right foot so it's about a ball width away from the tape.



Then I want you to bring up your left foot so it's about a ball width from the tape and at the same time grip the wedge with your putting grip.



Bring up your left foot and place it about a ball width away from the tape. Also, at the same time grip the club with a putting grip.



After doing this I then want you to turn your feet about 20-25 degrees towards the target **without** moving your heels, so that just your toes move.



Turn your feet by about
20-25 degrees towards
the target like this.



When you turn your feet by 20-25 degrees towards your target it will make your feet appear to be open like this. That's perfect for chipping.

When you do this you will notice that the ball position appears to move back in your stance, but you know it's not. It's directly in the middle of your stance...**just where it should be for a chip shot.**

Now at address you should still have some knee flex just like you did when chip-putting but you should stand taller than you did when chip-putting. But you don't need to have your eyes directly over the ball when chipping.

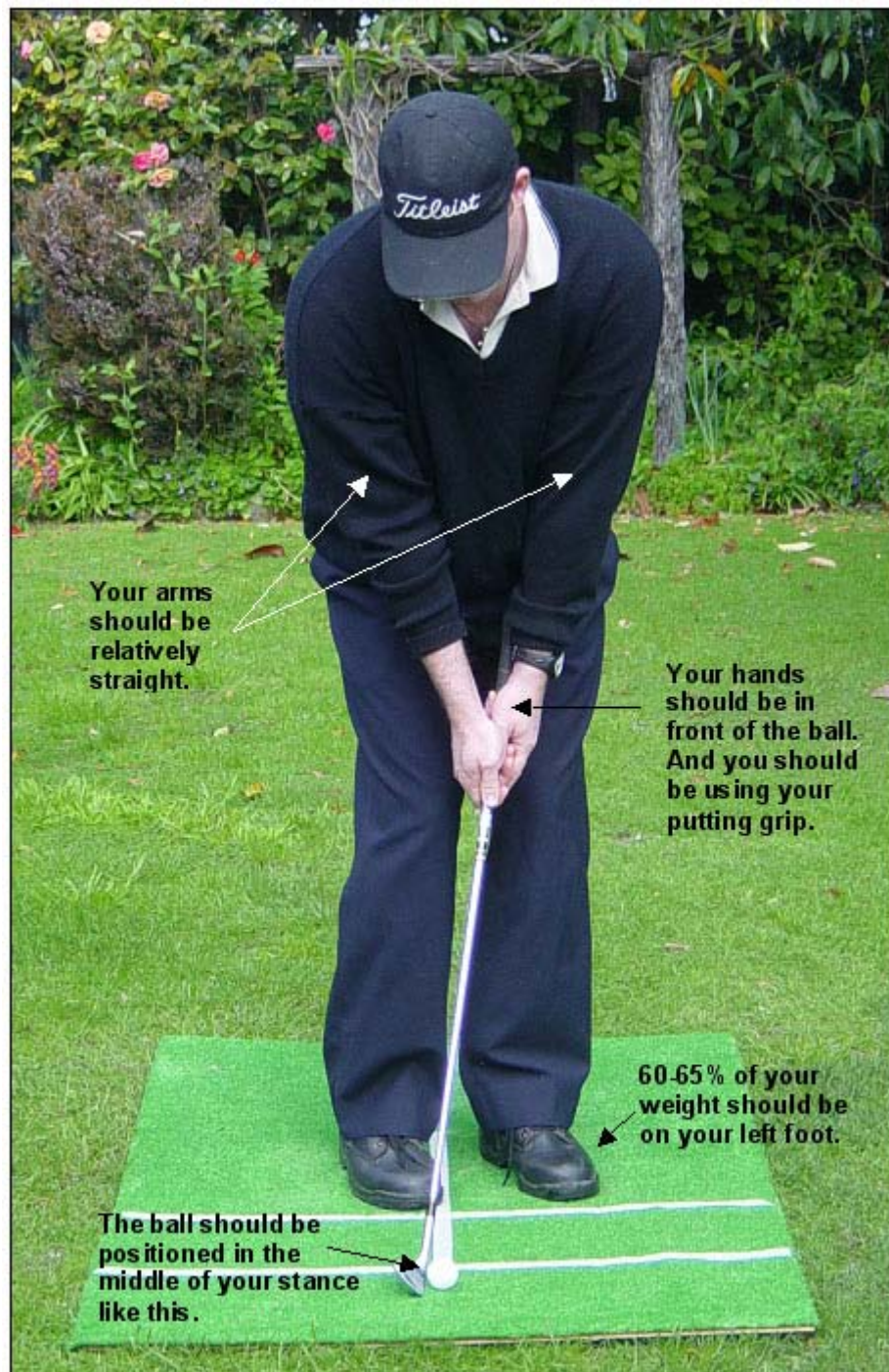
You want the club to be pointing straight at your target and you also want your wrists to be slightly bowed. To do this you may need to raise the club up so the heel of the club is off the ground. If so, do it. And don't worry about it because you'll be striking the ball first instead of the ground so it won't make any difference as far as the contact is concerned. **Also, you should grip the club with your putting grip.** Finally, you should have about 60% of your weight on your front foot.

So it's important when you setup to **chip** that you...

- grip the club with your putting grip
- align the club directly at where you want your ball to start
- have some flex in your knees
- position your hands so they are in front of the ball and bowed.
- have your arms relatively straight
- align your shoulders parallel to the starting line of your shot
- about 60 of your weight is on your left foot

OK, here is a picture summary of the chipping setup you should have....

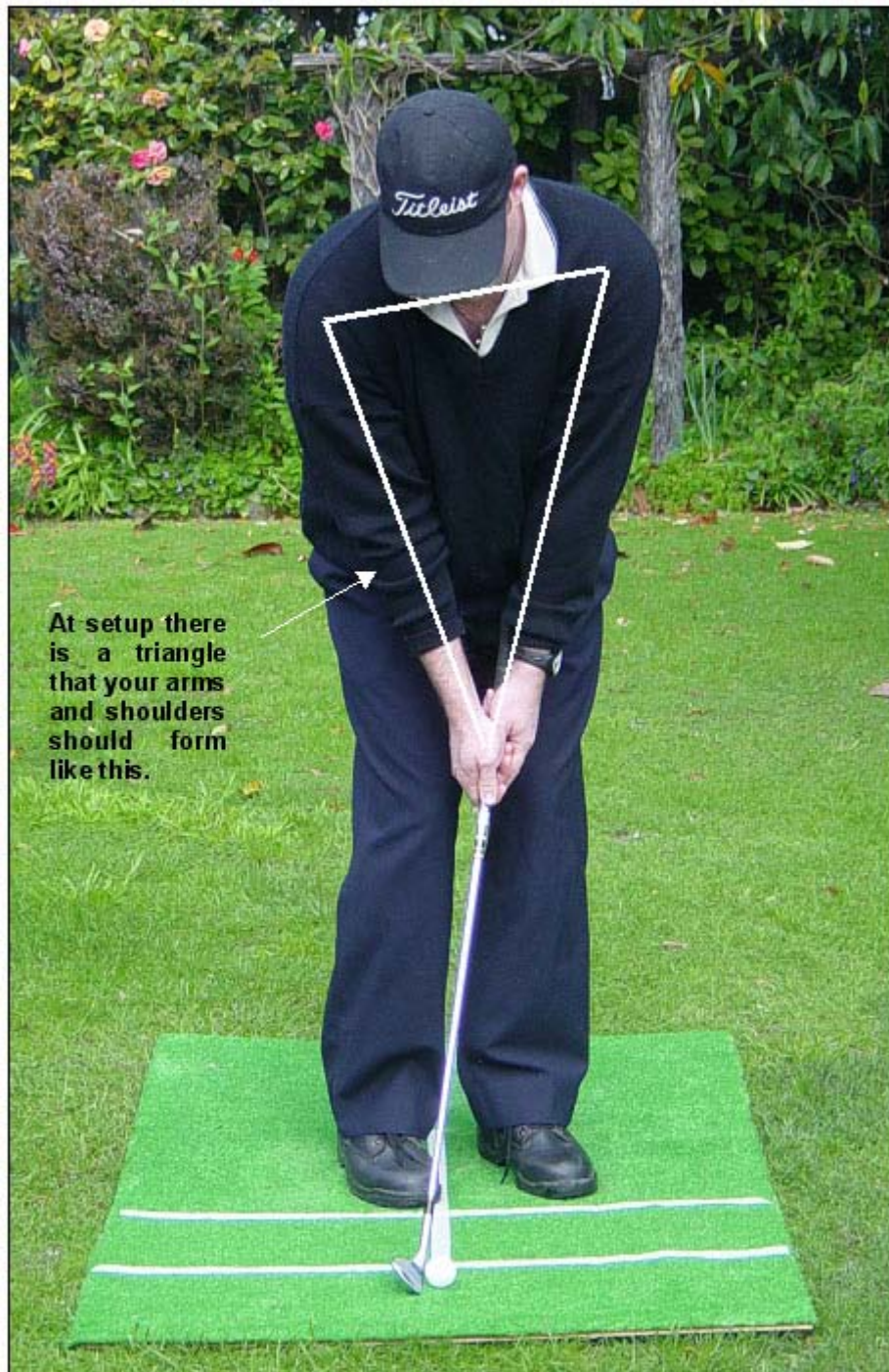
Chipping Setup Face On



Chipping Setup Down The Line



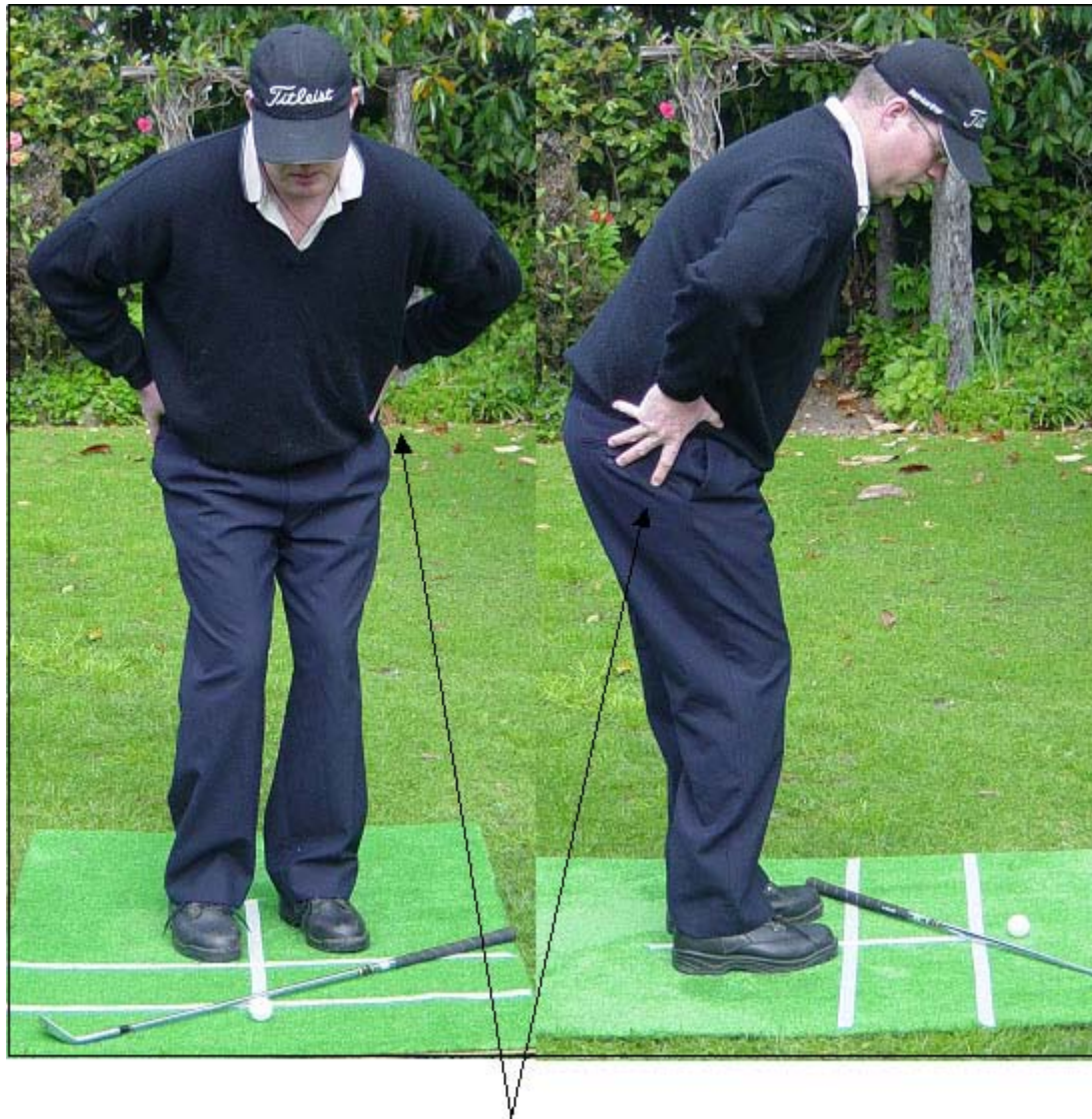
Like with the chip-putting action I taught you, at setup you'll notice there is a triangle relationship formed by your arms and shoulders.



At setup there is a triangle that your arms and shoulders should form like this.

So when chipping this relationship should stay intact as you're swinging. But unlike the chip-putting action you're not going to only move your shoulders and arms. In fact, this is completely different. Because to chip you need to control the movement by turning your hips and shoulders **in unison**, and here is a great way to feel this simple movement.

From your chipping setup position drop your club and then place your hands on your hips like this.



When you're in your chipping setup drop your club and place your hands on your hips like this.

Next I want you to turn your body by turning your hips and shoulders together, back and through.

Turn Hips And Shoulders Back



Turn Hips And Shoulders Through



Important Note: These videos are showing you a student practicing the drills in this short game improvement program hence the low quality video and no sound.

[Click here to view the hands on hips drill. \(Download the videos and watch Lesson 3 Hands On Hips Drill\)](#)

Now it's that action that is going to control your chipping stroke. So your arms are going to move **BUT** only as a result of your hips and shoulders moving back and through together. And the together bit is very important.

Important Note: Your hips and shoulders move together!

OK, after doing that **30 times back and through** I then want you to pick up your club and setup to a chip shot again.



Once you've done that then I want you to slide the club up so that the butt of your grip is pointing into a place where your belt would be.



Then I want you to leave your left hand where it is and place your right hand on your right hip like this...



OK, you're all set. Now to move the club I want you to simply move your right hip back and at the same time move your shoulders.



Then to move it through simply reverse that.



[Click Here to view the club in belt buckle drill.](#)
[\(Download the Videos and watch the Lesson 3 Right Hand On Hip Drill\)](#)

Keep practicing this back and through motion **30 times** to get the hang of moving the club with your hips and shoulders. Once you have done that then I want you to progress to the final exercise for today. And to do this exercise you'll need to get a screw driver or something similar.



Then at the top of your golf grip you'll find a hole. Now I simply want you to place the screw driver in that hole like this.



Then setup to a chip shot with the screw driver in your wedge...



...and then adjust the screw driver so that the handle is touching about your belt buckle area.



Then setup for a chip shot again...



Now to start swinging simply begin moving your hips and shoulders back in unison while keeping the screwdriver handle connected to your hips.



And then simply reverse that to swing through....



[Click Here to view the screw driver in belt buckle drill \(Download the videos here - Lesson 3 screw driver drill\)](#)

This is an excellent way to learn how to chip properly. And to help you groove this and everything else you've learnt today here are your tasks for this week...

Tasks For This Week

Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 10 minutes.

Task 2 NEW - Do the hands on hips drill back and through 30 times.

Task 3 NEW - Do the club in belt buckle drill back and through 30 times.

Task 4 NEW - Do the screw driver in belt buckle drill for at least 30 shots. When you're hitting these shots don't try and hit the table tennis balls to any target. For this week you're simply learning the proper technique to chip with.

Time Needed - Approximately 25 Minutes Per Practice Session

So that's what you need to practice this week. It's very important you do this. Then in next week's lesson I'm going to get you to practice chipping to a target and give you a very important technique that you need to learn so you can take these skills to the golf course. So practice what I've taught you today for the next week and then start Lesson 4 in 7 days time to get the next, new, crucial lesson.

Lesson 4 – Chipping (Part 4)

In today's lesson I'm going to get you to practice **chip-putting** and **chipping** with real golf balls and to your box as a target.

So to do this setup your

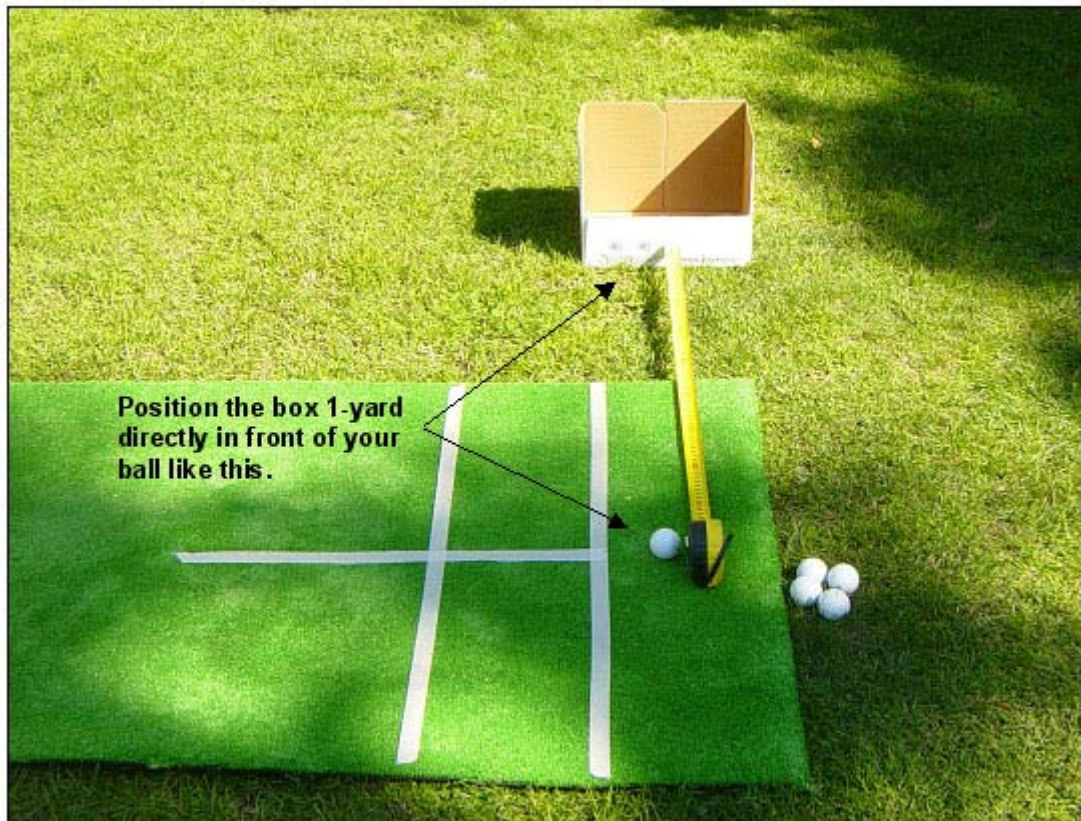
Short Game Practice Station



Then place a real golf ball down where you have been hitting them from.



Then I want you to place your paper ream box so the opening is on a direct line from your ball, and 1 yard in front of your ball. Also, you can use The Chip Fix when doing this drill.



Now I want you to attempt to **chip-putt** your ball into the box and keep doing this for 10 shots. And by the way, use your 9-iron when doing this for today. After you have hit at least 9 out of 10 shots into the box then I want you to get your wedge. Then I want you to setup for a chip like I showed you last week (lesson 3) and then attempt to chip the ball into the box.

But, just before you swing there's a couple of other things which are **VERY** important that you do...

1. Your follow-through should always be longer than your backswing as this will help you to naturally accelerate through the ball.
2. At the end of every shot you should hold your finish until the ball has stopped moving. And while you're holding your finish position you need to watch the ball and see the trajectory of the shot, distance travelled etc.

Now here is a student practicing chipping into the box going through his full pre-shot routine.

Club Aligned And Right Foot Positioned



Feet Parallel



Turn Feet Towards Target



Look At The Landing Spot

Important Note: From this point on you should do a **Clear Key** which is explained below on the next few pages.



Final Setup Adjustments



Important Note: To start your backswing I think it's a great idea to have some physical trigger to do it. For example I suggest you start by slightly bumping in your right knee towards the target and slightly pushing the hands towards the target. But experiment and come up with your own trigger to start your backswing.

Chipping Backswing



Chipping Finish

Important Note: Remember, the finish of your swing should be longer than your backswing and you should hold your finish for about 3 seconds.



[Click Here to view a golfer practicing chipping into the box. \(Download the videos - Lesson 4\)](#)

Important Note: Remember, the balls may fly into the box and then come out. That's OK. The balls don't need to remain in the box, just fly into it. But it's **NOT** "OK" if your ball flies short of the box or flies over the box.

Now like chip-putting you should not move the box back a yard until you can get 9 out of 10 into the box on the fly. Once you can do that then move the box back a yard and keep doing this. But please understand, you will be able to hit the ball further with chipping than you will when chip-putting. So don't let that worry you.

But that raises an interesting question....how far should you swing when chipping?

Well, that is determined by how far you can turn your shoulders and hips in unison. But because your feet are 20-25 degrees open you'll be very restricted. **I think a good guide is that your clubshaft should not go past parallel with the ground on the backswing when chipping like this....**



So over the next 7 days I want you to practice both **chip-putting** and **chipping** and set yourself goals on how many balls you want to get into the box at certain distances. I suggest you also alternate between hitting a chip-putt and a chip. Don't just get stuck on hitting all chip-putts and then going to chipping.

When you are getting good at hitting balls into the box consistently then hit one shot with the chip-putt motion and then hit one shot with the chipping motion.

Now it's very, very important when you do this that you setup to your shots the same way every time. And in a later lesson I'm going to cover a full mental and physical routine for the short game but for now you need to practice setting up the same way.

Also, when you're swinging I believe you should be using something called a clear key. Now a clear key is a simple technique to help you swing the club automatically and without conscious thought. And I discovered this by reading Carey Mumford's "The Double Connexion" book.

That book goes into a lot more detail than I'm going to share here. So if you want more information about what I'm talking about then I suggest you read Carey Mumford's "The Double Connexion" book.

All right, in The Double Connexion book Carey Mumford suggests saying a "detached, non-action orientated thought pattern that lasts long enough to last through your entire swing." He calls this a **Clear Key**.

An example of a Clear Key would be saying the following line while you're swinging:

**"I wonder why abbreviation
is such a long word."**

So how would saying that statement as you're swinging help you to move the club automatically?

Well, our minds can only process one thought at a time. So if you're swinging while saying **"I wonder why abbreviation is such a long word"** then your mind will not be able to think about anything mechanical...or anything that happened in the past (e.g. duffing a chip)...or what may happen in the future.

So by saying a simple statement while you're swinging then you'll be moving the club in the present and automatically!

Pretty cool huh?

I think so....and it's so simple.

Now from experimenting with this in my own game I've found the best success for me has been to say nursery rhymes as I'm making a swing. And more specifically, I start saying the following nursery rhyme after I'm

setup and I've looked at the target. Then as I look back from the target to the ball I start saying....

"Mary had a little lamb, little lamb, little lamb. Mary had a little lamb, Its fleece was white as snow. And everywhere that Mary went, Mary went, Mary went. Everywhere that Mary went the lamb was sure to go."

....and I keep saying it until after I've finished my swing.

Now the reason I like nursery rhymes best for this is because:

1. They rhyme 😊, which means...
2. They're easy to say and you can easily carry on the rhyme without stopping....and that's important as you'll soon learn.

After learning about this simple technique you may think you can just whistle or hum a tune. Well, that's not good enough. Because conscious thoughts can pass through them. You either need to say or sing the words. And saying the words out loud is the best way of doing this.....even if you only whisper them.

Also, if you pause when saying a statement (**Clear Key**) then that gives your conscious mind a chance to get in with some thoughts. So it's better not to give it that opportunity. Do this by continuously saying your statement, rhyme or whatever.

Now to start implementing this into your pre-shot routine you'll find that any kind of phrase is acceptable as long as it falls within the following guidelines:

- It must be long enough to begin before your swing starts and last until it's complete.
- It should not come close to having any action words in it, e.g. hit the ball etc.

So that's a summary of what you need to do. Let's start putting this into practice and it's simple to do this. Just choose one of the nursery rhymes below:

Baa, baa black sheep have you any wool? Yes sir, yes sir
three bags full. One for my master and one for my dame and
one for the little boy who lives down the lane.

Jack and Jill went up the hill, to fetch a pail of water. Jack fell
down and broke his crown, and Jill came tumbling after. Up
Jack got and home he ran, as fast as he could caper. There
his mother bound his head, with vinegar and brown paper.

Twinkle, twinkle, little star, how I wonder what you are! Up
above the world so high, like a diamond in the sky. Twinkle,
twinkle, little star, how I wonder what you are!

A-tisket, a-tasket, a green and yellow basket. I wrote a letter
to my love, but on the way I dropped it. I dropped it, I
dropped it, and, on the way I dropped it. A little boy picked it
up, and put it in his pocket.

Hey diddle diddle, the cat and the fiddle, the cow jumped over
the moon, the little dog laughed to see such sport, and the
dish ran away with the spoon.

Little Bo-Peep has lost her sheep and doesn't know where to
find them. Leave them alone, and they'll come home wagging
their tails behind them.

Mary had a little lamb, little lamb, little lamb. Mary had a little
lamb, its fleece was white as snow. And every where that
Mary went, Mary went, Mary went. Everywhere that Mary
went the lamb was sure to go.

So do your pre-shot routine and near to where you start your chipping
stroke simply start saying your nursery rhyme. You'll have to experiment
with the best place for you.

Important Note: When you do this you can whisper the statement/nursery rhyme to yourself so no one else will know you're doing it.

So say your nursery rhyme and keep saying it out loud well after you've finished your swing.

That's pretty straight forward isn't it?

But just so we're clear here's some further instructions on what you need to do:

- Make sure the statement/rhyme etc. (**Clear Key**) you use is long enough to last the time it takes for you to swing the club.
- Make sure you keep saying the statement/rhyme (**Clear Key**) you've chosen without any silent spaces. Because having silent spaces leaves an opening for conscious thoughts to start and we don't want that, as you'd be back to manual instead of on automatic.
- Make sure the time range for your statement (**Clear Key**) is no longer than 14 seconds. Because any longer than that makes it harder to remain in the present and on automatic. Also, make sure you start saying your statement about 6 seconds before your swing as that gives you ample time to go from manual to automatic. You need that time to switch over.
- Don't just limit yourself to one statement/rhyme (**Clear Key**). Start with one and then change them when you feel you need a fresh change. Also, make sure you practice two of them because sometimes you may feel off one day and going to a second statement could help get you out of that. So if that happens switch to your backup Clear Key for a while, e.g. for the rest of the nine or 18.
- If you feel under more pressure than normal make sure you say your statement/rhyme (**Clear Key**) loud enough so you can hear it yourself even if you whisper or sing it. Other times you can do it in your head but I think it's better to **ALWAYS** say it very quietly out loud.
- Resist the temptation to consciously start your swing on a particular word or do anything else in time with the words. This most probably will happen when you start using this but don't force it to happen. Just let it happen naturally if it happens.
- As you're making your swing make sure you complete your statement/rhyme (**Clear Key**) until your swing is finished. Because

if you stop half way into your swing you may actually decelerate and cause swing problems.

- Make sure you use a statement/rhyme (**Clear Key**) on every shot. Make this part of your routine and **do it for every shot no matter what**. That's how you'll become consistent and solid even under pressure!

Now from my experience of using a Clear Key I've found that sometimes conscious thoughts pop in. When this happens to you don't freak out and think this isn't working anymore. **This is not a quick fix**. You may have just had a little pause under a pressure situation and in pops a conscious thought.

Don't worry about it.

Just accept you're human and learn from the experience and continue to ingrain your new habit. Because with more use this will happen less and less. Just remember to keep words coming out of your mouth. Or in other words**don't leave gaps!**

Now when you're setting up to a shot you have two modes....one is conscious, i.e. how is the lie going to affect this shot etc. But because you're practicing from a perfect lie we're not going into that side of things yet. However you still need to know about this for this clear key. Then you have a subconscious mode which means you do things on automatic like swinging the golf club.

Now the transition from manual to automatic can take from 4-6 seconds. So that's why you need to start saying your statement/rhyme (**Clear Key**) around the time when **you're setup and looking at the target and then back to your ball**. So experiment and find a place in your routine when it's between 4-6 seconds before you start your swing and start saying your Clear Key then.

Then as you keep saying your statement/rhyme (Clear Key) and you start your swing you should be fully on auto pilot. And that's the best way to play golf!

Now maybe you don't feel comfortable saying a nursery rhyme as your Clear Key. That's fine, here's some suggested statements you can use:

- When there's a will, I want to be in it.
- Love may be blind but marriage is a real eye-opener.
- Humpty Dumpty really was pushed.
- All generalizations are false, including this one.
- Why isn't phonetic spelled the way it sounds?
- A day without sunshine is like, night.
- He who laughs last thinks slowest.

- Legalized bingo keeps Grandma off the street.
- If you tell the truth you don't have to remember anything.
- If chickens had lips, they could kiss.
- I wonder why abbreviation is such a long word.
- A clear conscience is usually the sign of a bad memory.

You can think up more of your own, search the Internet, or change some statement you've seen. Just have some fun with this and experiment with this. But when you're doing this give it a good go. For example, I suggest at least 5-10 games of golf. Do it every short game shot and make it a habit and see your results.

OK, here is what I want you to do for the next 7 days...

Tasks For This Week

Task 1 - Do the hands on hips drill back and through 20 times.

Task 2 - Do the club in belt buckle drill back and through 20 times.

Task 3 - Do the screw driver in belt buckle drill for at least 20 shots. When you're hitting these shots don't try and hit the table tennis balls to any target.

Task 4 NEW - Practice **chip-putting** as you did in Lesson 2...and do this for 10 minutes. **But use a Clear Key as I taught you in Lesson 4.**

Task 5 NEW - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 10 minutes.

Time Needed - Approximately 25 Minutes Per Practice Session

So that's your tasks for this week. Next week you're going to start learning about pitching. So practice what I've taught you today for the next 7 days and then start Lesson 5 in 7 days time.

Lesson 5 – Pitching (Part 1)

In this lesson we're going to start looking at pitching. Now a pitch shot differs from the chip shot I've taught you in a few major ways. The first is that you **SHOULD** cock your wrists when swinging. And the second is that your setup is a lot more like you should setup for a long shot.

Also, the characteristics of a pitch shot over a chip shot differ. A pitch shot flies longer and higher than a chip shot. And once it lands the ball normally rolls about the same or slightly shorter than the distance it flew.

But apart from those two things everything else is the same as the chip shot. So let's start by looking at the setup needed for a pitch. To do this get out your....

Short Game Practice Station



Then place a table tennis ball down in the same place as you have been.

Important Note: To get the best results from this program I highly recommend you use The Chip Fix when doing these drills and exercises.



Now to practice a pitch shot I want you to get out your **sand wedge**. Then I want you to hold the club with just your right hand (*down the bottom of the grip*) and place your sand wedge behind the ball so it's aligned square to the starting line of your shot. Then place your right foot just to the right of the 3rd piece of tape that you've put on the artificial turf. Here is a couple of pictures that shows you what to do...



Next I want you bring up your left foot up so it's just to the left of the 3rd piece of tape that you placed on the artificial turf. And at the same time I want you to grip your sand wedge with a **normal golf grip**.



Speaking of the golf grip, I believe that with the short game you should have a neutral grip. And I believe this because with the short game you don't need a lot of power. Having said that, there are some great short game players, e.g. John Daly and Paul Azinger who have very strong grips. But again, I would advise that you use a neutral grip like this.



And you can check this simply by setting up as I've shown you **(with your feet together)** and then looking down on your hands. If you can see two knuckles of your left hand then that's a neutral grip. If you can see 3-4 knuckles that's a strong grip. If you see 1 knuckle or no knuckles then that's a weak grip. I suggest you have a neutral grip and that means **you should see two knuckles** when you look down on your left hand.

OK, now I want you to move your right foot to the right by 3-4 inches.



Then I want you to move your left foot to the left by 3-4 inches.



So at this stage your feet should be have a gap of about 8 inches between the heels so your feet are about shoulder width apart, and both of your feet should be pointing forward. Once you've done this then turn your left foot out towards the target by 25-30 degrees without moving your heel.



Turn out your left foot
by about 25-30
degrees like this.

Then you should turn out your right foot by 10-15 degrees.



Turn out your right foot by about 10-15 degrees like this.

So as you can see the ball is positioned in the center of your stance when you have completed your pitching setup. And that's just where it should be.

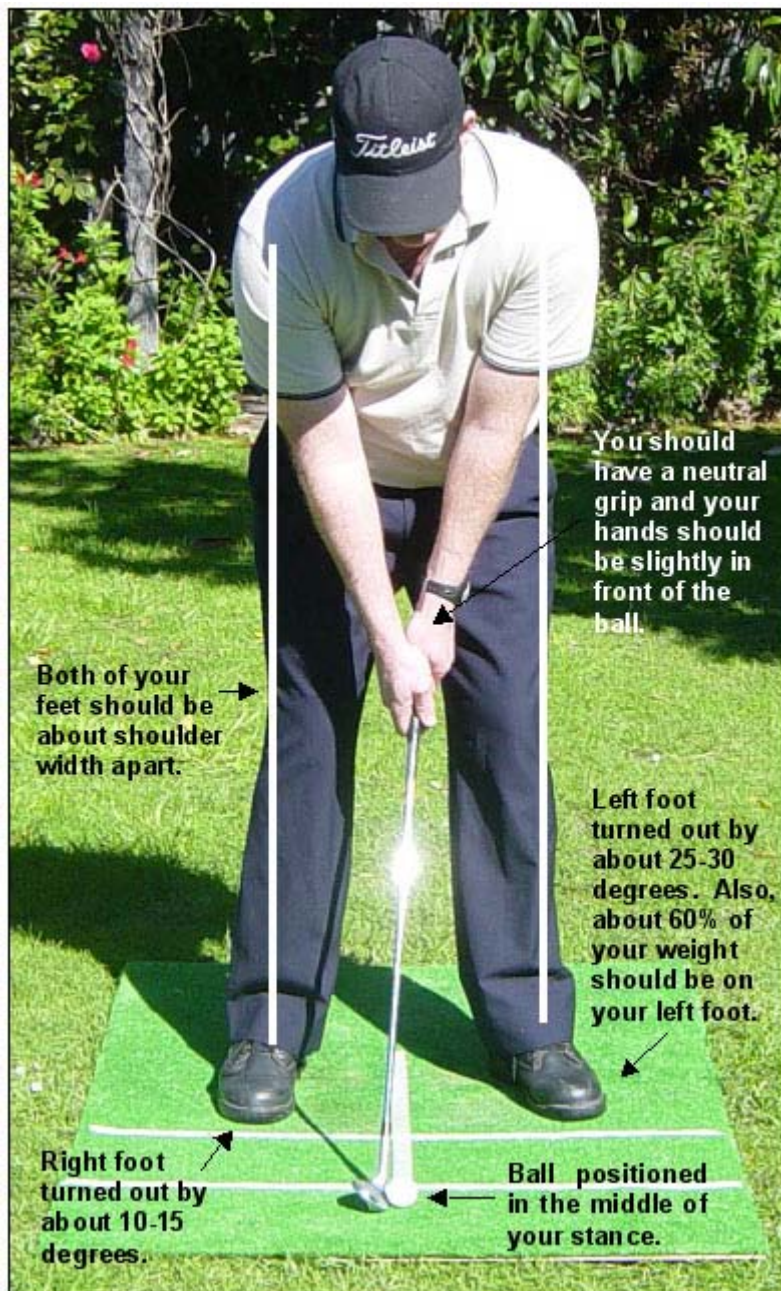
Now here's some other points that you need to be aware of when setting up for a pitch. Your knees should be slightly flexed and your arms should be relaxed and hanging down from your shoulders. At setup you want your hands to be in front of the ball. Also, your body should be aligned parallel to the target line of your shot. The exception is your feet. Because when you turn your left foot out it will appear as though your feet are open but they aren't. Also, you should be gripping down on the club almost near the bottom of the club.

So it's important that when you setup to **pitch** you...

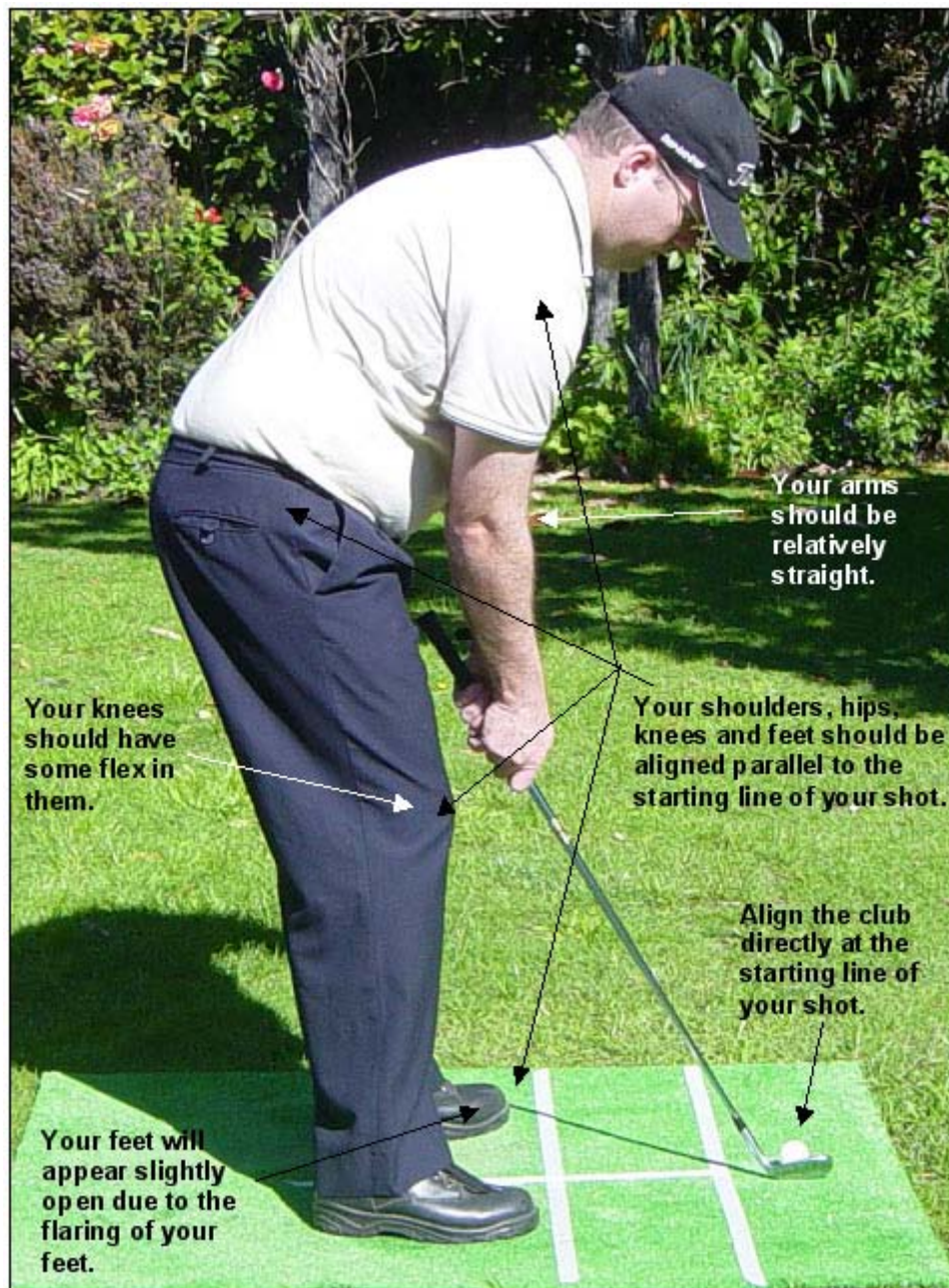
- grip the club with a normal, neutral grip and grip the club down the end of the grip
- position the ball in the middle of your stance
- have your feet about shoulder width apart
- angle your left foot out about 25-30 degrees and your right foot by about 10-15 degrees
- align the club directly at where you want your ball to start
- have some flex in your knees
- position your hands so they are in front of the ball
- have your arms relatively straight
- align your shoulders, hips and knees all parallel to the starting line of your shot
- have about 60% of your weight on your left foot

OK, here is a picture summary of the pitching setup you should have....

Pitching Setup Face On



Pitching Setup Down Line



OK, you're now ready to pitch. And to do this you must understand that, like when I taught you the chipping action, you must make a pitch shot with **both your hips and shoulders turning together**. The difference with a pitch shot is that your hands start cocking as soon as you take the club away from the ball.

Now to start the swing you should focus on moving everything away together. So you should start your backswing by moving your hips and shoulders, and this in turn will move your arms, hands and club. This should all be synchronized and with rhythm. Now the pace at which you

do this will largely determine the distance your ball flies, and I'll have more to say on that in a minute.

So your hands should **NOT** be holding the club firm. They simply need to hold onto the club and cock the wrists. As your backswing starts you should start to cock the wrists gradually. Now for this pitch shot that I'm teaching you, I only want you to take the club back until the shaft is parallel with the ground.





You can do this by feel but I like to use the gadget called Path Pro. And place this like so.



Then simply swing back and once you touch the Path Pro then that cues you to swing forward.



If you can find something else that will do the same job as a Path Pro, that's great. If not you can [go here](#) and purchase a Path Pro if they have any or try and find one on eBay. It will come in very handy for the rest of this course as well.

Now for this pitch shot that I'm teaching you, you should follow-through until the clubshaft is vertical with the ground like this...



The reason for this is because it naturally helps you to accelerate through the ball. You don't need to try and do it. Just swing back shorter than your follow-through. Also, at the finish of your pitch swing your right heel should be up off the ground like this....



At the end of your pitch shot your right foot should be up off the ground like this.

OK, you now know the basics of a pitch shot and you're almost set to practice it for yourself. But before you do that here's a few important bits of advice. **I find it useful to get my students to bump the right knee in towards the target as a trigger to start the backswing**, because for a pitch shot you want everything to start at the same time together. And by bumping in the right knee it helps to do this better because it creates a rebound affect.

Also, when you're practicing today I want you to experiment with turning your body at different speeds and find the speed and rhythm that suits you best. When you do this the table tennis ball will just get in the way. You don't want any hit involved when doing this.

At the end of each swing you should hold your finish until the ball has stopped moving. And while you're holding your finish position you need to watch the ball and see the trajectory of the shot, distance travelled, etc.

Here is a video of a student golfer practicing pitching as I've just shown you.

[Click here to view a student golfer practicing pitching with table tennis balls. \(Click Here To Download All Videos - Lesson 5\)](#)

So today I want you to practice this pitching action a lot and keep doing this over the next 7 days. But also, you must keep practicing your chip-putting and chipping so you keep those new skills honed, and to do this here are your...

Tasks For This Week

Task 1 - Do the hands on hips drill back and through 10 times.

Task 2 - Do the club in belt buckle drill back and through 10 times.

Task 3 - Do the screw driver in belt buckle drill for at least 10 shots. When you're hitting these shots don't try and hit the table tennis balls to any target.

Task 4 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 5 - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 5 minutes.

Task 6 NEW - Practice **pitching** as I showed you in Lesson 5. But do this with a table tennis ball and **NOT** to a target. Do this for 10 minutes.

Important Note: When doing this I suggest you use the Path Pro, and also make sure you experiment with different speeds when swinging to find the best tempo/rhythm for you. Also, use a trigger to start your pitching swing.

Time Needed - Approximately 25 minutes

OK, practice as I've instructed above for the next 7 days. Then in the next lesson I'm going to teach you some very important aspects you need to learn to successfully take your pitching practice to the golf course. So practice what I've given you and then in 7 days time move onto the next, new, crucial lesson.

Lesson 6 – Pitching (Part 2)

Today I want you to start practicing your pitching with real golf balls. And if you're doing this at home you may not have enough space to hit pitch shots. If that's the case then simply get a golf net and hit real balls into that like this student has setup.



So to do this place down your...

Short Game Practice Station



Then place a real golf ball where you normally would. Then with your sand wedge setup as you did in the previous lesson. And you can do this lesson with or without a device to let you know when you've swung the correct distance but I recommend that you do use Path Pro or something like it...

Important Note: To get the best results from this program I highly recommend you use The Chip Fix when doing these drills and exercises.



Now this time when you setup to each shot I want you to use the same setup procedure for each and every shot. Physically do the same things over and over again. When you do this you should use the same routine as I taught you for chipping which is....

1. Hold the club **down the bottom of the grip with the right hand** and place the club behind the ball so it's aligned square to the starting line of the shot. Then place the right foot just to the right of the 3rd piece of tape that you put on the artificial turf.



2. Next bring your left foot up so it's just to the left of the 3rd piece of tape. And at the same time grip the club **with a neutral grip**.



3. Then move your right foot to the right by 3-4 inches.



4. Then move your left foot to the left by 3-4 inches.



5. Then adjust your feet so the left foot is turned out by about 25-30 degrees and the right foot is turned out by 10-15 degrees.



6. Then waggle the club once, look at the target, start saying your Clear Key, and

7. To start the pitching swing bump your right knee in towards the target.

[Click here to view a golfer practicing pitching with real balls into a net using this physical pre-shot routine and Clear Key \(Lesson 6 Video\).](#)

You need to be practicing setting up the same way for every shot. And so this week I want you to go through a similar physical routine as this example (or it can be exactly the same if you'd like) for each shot. Incorporate your Clear Key before and during your swing so that out on the golf course you will be able to swing automatically. Also, at the end of your swing you must hold your finish for about 3 seconds.

OK, so here is what exactly you should be practicing this week....

Tasks For This Week

Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 2 - Do the hands on hips drill back and through 5 times.

Task 3 - Do the club in belt buckle drill back and through 5 times.

Task 4 - Do the screw driver in belt buckle drill for at least 5 shots. When you're hitting these shots don't try and hit the table tennis balls to any target. For this week you're simply learning the proper technique to chip with.

Task 5 - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 5 minutes.

Task 6 NEW - Practice **pitching** as I showed you in Lesson 6. Do this with real golf balls but do **NOT** hit shots to a target. Also, make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot for about 3 seconds. Practice this for 10 minutes.

Time Needed - Approximately 30 minutes

OK, practice as I've instructed for the next 7 days and then in the next lesson I'm going to start to cover pitching to a target, along with some other important aspects of a pitch shot. So move on to the next lesson in 7 days time.

Lesson 7 – Pitching (Part 3)

Today I want you to start practicing your pitching with real golf balls and to a target. But instead of your paper ream box you'll need to get something a bit bigger like this bucket.



Now to figure out where to place this bucket this is what I want you to do. Place down your...

Short Game Practice Station



Then place a real golf ball on your short game practice station where you normally would.

Important Note: Depending on how much room you have in your backyard (if you have one) you may not be able to practice this (pitching) at home. And if you can't you probably won't want to take the short game practice station with you. So here's what I suggest you do. You should get a divothit mat. Here is picture of one....



They really are great because this allows you to have a perfect lie every time and stay practicing in the same spot. Also it allows you to feel the correct feeling of taking a divot as you're pitching. You can get a divothit mat here: <http://www.divothit.com>

Then you simply need to setup a practice station with some golf clubs. Here are a couple of pictures of this:





You can also do this with The Chip Fix **BUT** you'll have to change the location you're doing that from because of the divot you'll create. However, I recommend you use that at the end of the session to get good feedback on your impact location and angle of attack.

Now with your **sand wedge**, setup as you did in the previous lesson. But for this lesson **DON'T** use a device like Path Pro. Instead I want you to swing back so the club is parallel with the ground...



...and then swing through until the club is vertical with the ground...



...and watch where your ball lands.

Keep doing this for 10 shots to get a good idea of how far your shots are going to fly to. Once you have figured that out then place your bucket on the spot where your balls have been landing on average. And when you do this make sure you align your short game practice station properly.

Now when you're practicing you must go through your physical pre-shot routine for every shot. And you should also use the Clear Key when you're swinging so that out on the golf course you will be able to swing automatically -- and take your practice game to the golf course.

Also, at the end of your swing you must hold your finish and watch the trajectory the ball is flying on and watch until the ball has finished rolling

Here is a video of a golfer practicing pitching like this:

[Click here to view a golfer practicing pitching with real balls to a bucket using his physical pre-shot routine and Clear Key \(Lesson 7 Video\).](#)

Important Note: Naturally when you're practicing this you would like to land every ball in the bucket. But you most probably won't do this....**so the important thing you should be focusing on is more the distance the ball is flying i.e. distance control.** Because it's better to consistently fly the ball the same distance and lack direction rather than focus on hitting the ball straight and not having the distance control.

So today I want you to practice this pitching action a lot and keep doing this over and over again for the next 7 days. But also, you must keep practicing your chip-putting and chipping so you keep those new skills honed. So to help you do this here are your...

Tasks For This Week

Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 2 - Do the hands on hips drill back and through 5 times.

Task 3 - Do the club in belt buckle drill back and through 5 times.

Task 4 - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 5 minutes.

Task 5 - Practice **pitching** as I showed you in Lesson 6. Do this with real golf balls but do **NOT** hit shots to a target. Also, make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot for about 3 seconds. Practice this for 5 minutes.

Task 6 NEW - Practice **pitching** with a **sand wedge** as I showed you in Lesson 7. But do this with real golf balls **and hit shots to a target**. Also, make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot until your ball has stopped rolling. Practice this for 10 minutes.

Time Needed - Approximately 30 minutes

OK, practice as I've instructed for the next 7 days and then in the next lesson I'm going to teach you some final things you need to know about pitching. So in 7 days time move on to the final important pitching lesson.

Lesson 8 – Pitching (Part 4)

In this lesson I want you to practice as you did in Lesson 7, **BUT** for this week I want you to experiment with different clubs and different swing distances. And first I suggest you simply practice as you were last week but pick a different club. For example, instead of using a sand wedge practice the same length swing with a lob wedge (if you have one).

When you do that you'll immediately notice that your ball will fly higher and not as far. Then I recommend you practice your same pitching swing using any other wedges you have. I, for example, have 4 wedges and here are the distances they fly on average with the first pitching swing I've taught you:

- 48 degree wedge – 19 yards
- 52 degree gap wedge – 16 yards
- 56 sand wedge – 13 yards
- 60 degree lob wedge – 10 yards

Once you've practiced that - and have the distances all your wedges fly on average then you should practice either a shorter or longer swing. Now I don't recommend a lot shorter or a lot longer swing. Just a little bit....about a foot longer or shorter either side from the first pitch shot I've shown you. And I'm going to show you a shorter pitch with a lob wedge.

So first of all, as the golfer demonstrating this is doing this at home, they're going to setup the....

Short Game Practice Station



Then they are going to setup the Path Pro so they can only swing the club about a foot shorter than when it was parallel with the ground.



Then setup to the shot with a lob wedge (it's 60 degrees).....



Then swing back...

Important Note: To get the best results from this program I highly recommend you use The Chip Fix when doing these drills and exercises.





...and through.



And hold the finish and notice how far the ball is flying. You should keep doing this for 10 shots to find the average landing distance, and find the place where you should place the bucket. Then simply practice this shot over and over again trying to fly the ball into the bucket. Here is a video of a golfer practicing this.

[Click here to view a golfer practicing a shortened pitching swing with real balls to a bucket using a physical pre-shot routine and Clear Key \(Lesson 8 Video\).](#)

So there you go, that's what you should be doing for the next 7 days....practicing pitching with different clubs, different length swings etc. And when you're doing this make sure you go through your pre-shot routine and use the Clear Key as you're swinging. Also, you must hold your finish at the end of your swing so you learn from each and every shot.

But also, you must keep practicing your chip-putting and chipping so you keep those new skills honed. Then in the next lesson I'm going to start teaching you distance wedges which is longer shots once again. Until then, have fun practicing getting the balls into the bucket.

Tasks For This Week

Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 2 - Do the hands on hips drill back and through 5 times.

Task 3 - Do the club in belt buckle drill back and through 5 times.

Task 4 - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 5 minutes.

Task 5 - Practice **pitching** as I showed you in Lesson 7. But do this with real golf balls **and hit shots to a target**. Also, make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot until your ball has stopped rolling. Practice this for 5 minutes.

Task 6 NEW - Practice **pitching** as you have in Lesson 7 but this time change clubs first of all and then after you've done that then practice doing a little bit shorter and longer pitch swings. Practice this for 10 minutes.

Time Needed - Approximately 30 minutes

OK, practice as I've instructed for the next 7 days and then in the next lesson I'm going to teach you distance wedges. So move on to that lesson in 7 days time.

Lesson 9 – Distance Wedges (Part 1)

Today I'm going to start to teach you how to hit distance wedge shots. A distance wedge shot is a shot between 30 and 100 yards. So naturally to hit the ball longer you have to turn your body further and swing further. And to get a feel for doing this here is what I want you to do. Get out your....

Short Game Practice Station



Then grab **a wedge** and place a table tennis ball in the normal place to hit a shot. Now I want you to setup to the ball as you did when setting up for a pitch shot, BUT you should have your feet a fraction wider than you did...**they should be about the width of your shoulders apart like this:**



Once you're setup like above then I want you to take your right hand off the grip and put it into your pants pocket. Then press your right arm against the right side of your body so that they are firmly pressed together. After doing this you are ready to hit the ball.



So to start your swing you need to turn your hips and shoulders away together, and as you're doing this you should be cocking your wrists. Now I want you to swing back until your left arm is parallel with the ground like this:



Then simply swing down and through and finish your swing with 95% of your weight on your front foot. Also the club should be parallel with the ground and your back foot should be completely up and only there to balance your follow-through.



So that's the swing I want you to make. Watch these videos to see how it is performed in real time:

[Click here to view a golfer practicing this left hand only drill \(Lesson 9\).](#)

Important Note: Don't worry about how well you're hitting the table tennis balls. Just focus on making the action I've shown you.

Now I want you to hit at least 30 shots each practice session with this left arm only drill. Then after this here's what I want you to do.

Setup to play a distance wedge shot again but this time you're going to hit the table tennis ball with both hands. And I want you to practice hitting distance wedge shots while only swinging back until the left arm is parallel with the ground. To do this you can place a training aid like the Path Pro to help you calibrate the distance you're swinging back.



Then setup....



....and then simply go through your physical pre-shot routine and swing back until your left arm is parallel with the ground and your wrists/arms touch the PathPro...

Important Note: To get the best results from this program I highly recommend you use The Chip Fix when doing these drills and exercises.





...and then swing through in unison until the finish of your swing when almost all of the weight should be on your left foot and the club should be parallel with the ground like this:



Important Note: For all distance wedge shots you should follow through so your club is parallel with the ground as the picture above shows. This is regardless of how far back you take the club in your backswing.

Remember, the hands should not be providing any power as you're swinging....the power comes from the turning of your body and the natural cocking and uncocking of your wrists.

[Click here to view a golfer practicing this first distance wedge swing \(Lesson 9 Part 2\).](#)

Now here's some important further important points before you practice this. Remember when you're practicing to go through a physical routine each shot and hold the finish of your swing after each shot. Also, you need to hold the finish of your swing for about 3 seconds. And your finish needs to be longer than your backswing. For distance wedge shots you should finish so your club is at least parallel with the ground.

So with that being said, here's how I want you to practice this....

Tasks For This Week

Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 2 - Do the hands on hips drill back and through 5 times.

Task 3 - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 5 minutes.

Task 4 - Practice **pitching** as I showed you in Lesson 7. But do this with real golf balls **and hit shots to a target**. Also, make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot until your ball has stopped rolling. Finally, change clubs frequently when you're practicing this and hit shots to different distances. Practice this for 10 minutes.

Task 5 NEW - Practice **the left hand only drill** and do this 30 times.

Task 6 NEW - Practice for 10 minutes hitting distance wedge shots only for the backswing position where your left arm is parallel with the ground. Do this with table tennis balls and without a target. Remember to use your pre-shot routine for each shot and hold your finish for at least 3 seconds.

Time Needed - Approximately 30 minutes

So that's your practice plan for the next 7 days. Then in the next lesson you're going to start practicing distance wedges with real golf balls, so practice what I've taught you to do and make sure you keep doing the chipping and pitching exercises to keep everything well and truly grooved. Then move onto lesson 10 in 7 days time.

Lesson 10 – Distance Wedges (Part 2)

In this lesson you're going to expand on what I taught you last week by moving up to hitting real golf balls **with a wedge**. And to do this I suggest you do it at home if you can and with a golf net. Also you should practice with a training aid like the PathPro so that you can know for sure that you're swinging back the required distance.



So today I want you to practice swinging back until your left arm is parallel with the ground....

Important Note: To get the best results from this program I highly recommend you use The Chip Fix when doing these drills and exercises.



....and then swing through until your club is parallel with the ground.



Now when you practice this I want you to go through your pre-shot routine for each and every shot. Also, make sure you use your Clear Key on each shot so that when you go out to the golf course you can simply replicate what you've been practicing. So here's a video of a golfer showing you how to practice this for the next 7 days...

[Click here to view a golfer practicing this distance wedge with real balls into a net using my physical pre-shot routine and Clear Key \(Lesson 10\).](#)

Final reminder for today....it's very important that you get into the habit of holding the finish of each shot for about 3 seconds. Because when you're hitting your shots to real targets you need to do this so you get a feel for the distance you've hit the ball and relate that back to the swing you've just produced. Anyway, here's what I want you to practice today and for the rest of the week...

Tasks For This Week

Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 2 - Do the hands on hips drill back and through 5 times.

Task 3 - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 5 minutes.

Task 4 - Practice **pitching** as I showed you in Lesson 7. But do this with real golf balls **and hit shots to a target**. Also, make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot until your ball has stopped rolling. Finally, change clubs frequently when you're practicing this and hit shots to different distances. Practice this for 10 minutes.

Task 5 - Practice **the left hand only drill** and do this 30 times.

Task 6 NEW - Practice for 10 minutes hitting distance wedge shots only for the backswing position where your left arm is parallel with the ground. **Do this with real golf balls and without a target**. Remember to use your pre-shot routine for each shot and hold your finish for at least 3 seconds.

Time Needed - Approximately 30 minutes

In the next lesson I'm going to teach you how to hit distance wedges to real targets. Plus I'm going to discuss something that is critical for you to master and learn to be rock solid with your distance wedges. So move on to the next lesson in 7 days time.

Lesson 11 – Distance Wedges (Part 3)

Today I want you to practice the same way as I instructed in the last lesson with a wedge, **BUT** this week I want you to hit wedge shots to a target, i.e. your bucket.



So here's what I want you to do. Go to an area where you can hit golf balls. And setup your practice station.

Like I've said before, you can take your short game practice station, but I prefer golfers take a Divot Mat and then use golf clubs to setup a place where they can hit golf balls from.



Then with **your wedge** setup to a shot as you have been for distance wedge shots.



But for this lesson **DON'T** use a device like Path Pro. Instead I want you to swing back to a position where you think your left arm is parallel with the ground....



....then swing through the ball until the club is parallel with the ground.



...and hold your finish and watch very closely where your ball lands.

Keep doing this for 10 shots to get a good idea of how far your shots are going to fly to. Once you have figured that out then place your bucket on the spot where your balls have been landing on average. And when you do this make sure you align your short game practice station properly.

Now when you're practicing you must go through your physical pre-shot routine for every shot. And you should also use the Clear Key when you're swinging so that out on the golf course you will be able to swing automatically -- and take your practice game to the golf course.

Also, at the end of your swing you must hold your finish and watch the trajectory the ball is flying on and watch until the ball has finished rolling.

Here is a video of a golfer practicing distance wedges like this:

[Click here to view a golfer practicing a distance wedge shot with a wedge and with real balls to a bucket using my physical pre-shot routine and Clear Key \(Lesson 11 Video\).](#)

Important Note: Naturally when you're practicing this you would like to land every ball in the bucket. But you won't do this....**so the important thing you should be focusing on is more the distance the ball is flying, i.e. distance control.** Because it's better to consistently fly the ball the same distance and lack direction rather than focus on hitting the ball straight and not having the distance control.

Now let's look at the swing plane when hitting distance wedges **because it's very important.** The swing plane you need to hit good, consistent distance wedges is much steeper than that of the long game swing plane. So when you're setup with a wedge imagine a line from the ball extending up through your shoulders.



This is the plane for a distance wedge. It's much more upright than the plane for a long game shot.

So when your left arm is parallel with the ground the club should be on this plane.



When your left arm is parallel with the ground the club shaft should be on this swing plane.

And then at the mirror image point in your follow-through the club shaft should be on this plane once again.



When your right arm is parallel with the ground on the follow through the club shaft should be on this swing plane.

This is a much more upright plane than what is required with a driver. So for the next week I want you to make sure you're swinging on the correct swing plane back and through. And a great way to check this is to video yourself hitting distance wedge shots. But when you do you must place the video camera in a specific location, and here it is:

The video camera should be placed about 2 feet inside the line going from the ball to your target. And your video should be about 3 feet above the ground. Here is a picture of this setup:



When using a video camera to see the plane of your distance wedge swings you need to position it two feet inside the target line and at a height of 3 feet.

So if you have a video camera check your swing plane and if it's not correct then make the necessary adjustments so it is.

OK, now here's what I want you to practice today and for the rest of the week...

Tasks For This Week

Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 2 - Do the hands on hips drill back and through 5 times.

Task 3 - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 5 minutes.

Task 4 - Practice **pitching** as I showed you in Lesson 7. But do this with real golf balls **and hit shots to a target**. Also, make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot until your ball has stopped rolling. Finally, change clubs frequently when you're practicing this and hit shots to different distances. Practice this for 10 minutes.

Task 5 - Practice **the left hand only drill** that I showed you and do this 30 times.

Task 6 NEW - Practice for 10 minutes hitting distance wedge shots only for the backswing position where your left arm is parallel with the ground. **Do this with real golf balls and to a target**. Remember to use your pre-shot routine for each shot and hold your finish for at least 3 seconds and watch the trajectory of the ball and where it's landing.

Time Needed - Approximately 30 minutes

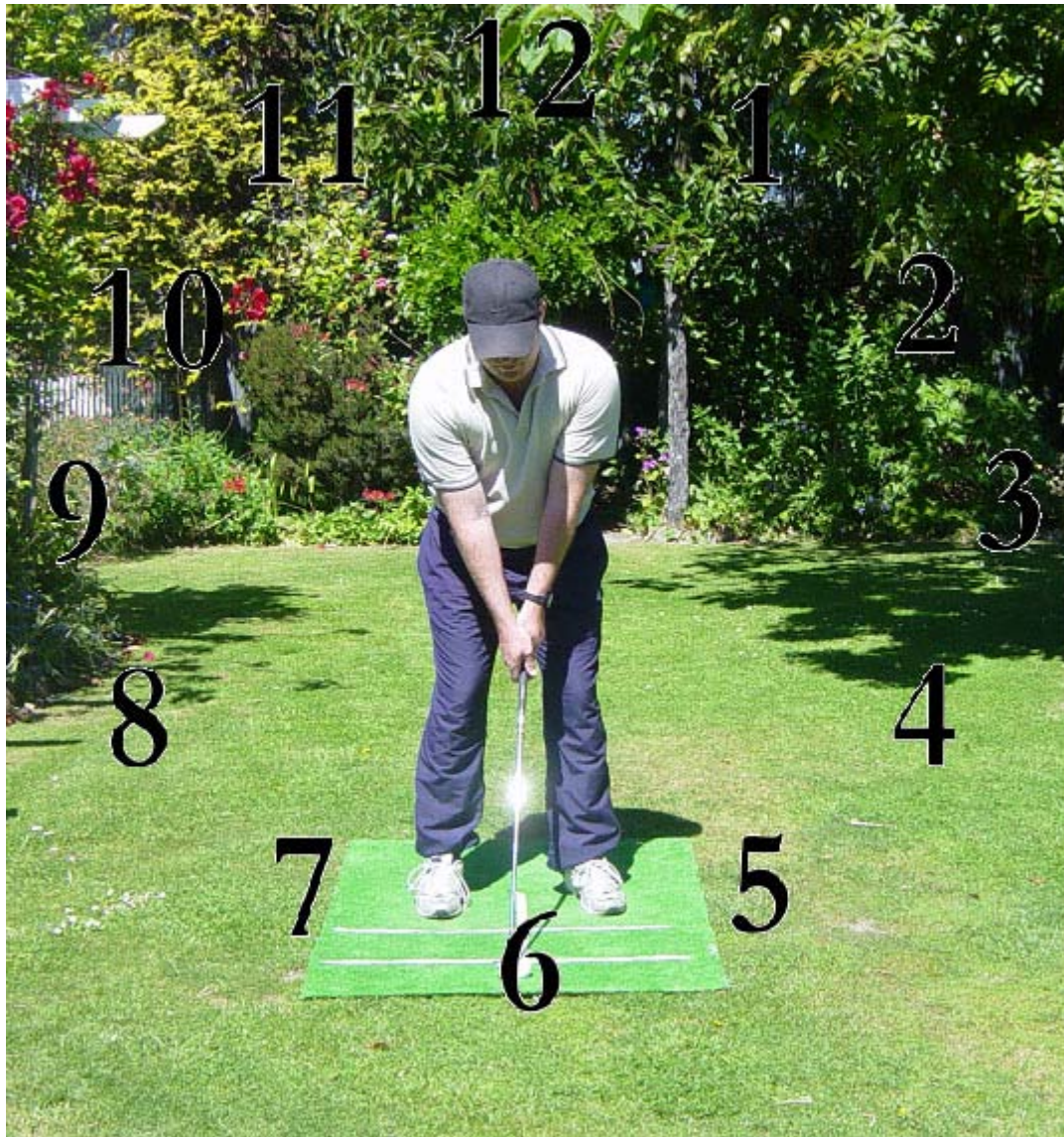
In the next lesson you're going to find out specifically what you should do to hit the ball either shorter or longer, higher or lower than what you've been doing so far. So move on to the next lesson in 7 days time -- which is going to be the final part in this distance wedge series.

Lesson 12 – Distance Wedges (Part 4)

This is the final lesson on distance wedges and hopefully you've somewhat mastered the half way distance wedge swing. If you master that one swing distance and you swap clubs then you should have four distances which you hit each club. Here are the numbers for me when I did this:

- **Wedge - 48 degrees:** 62 yards (57 Meters)
- **Gap Wedge - 52 degrees:** 58 yards (53 Meters)
- **Sand Wedge - 56 degrees:** 54 yards (49 Meters)
- **Lob Wedge - 60 degrees:** 50 yards (45 Meters)

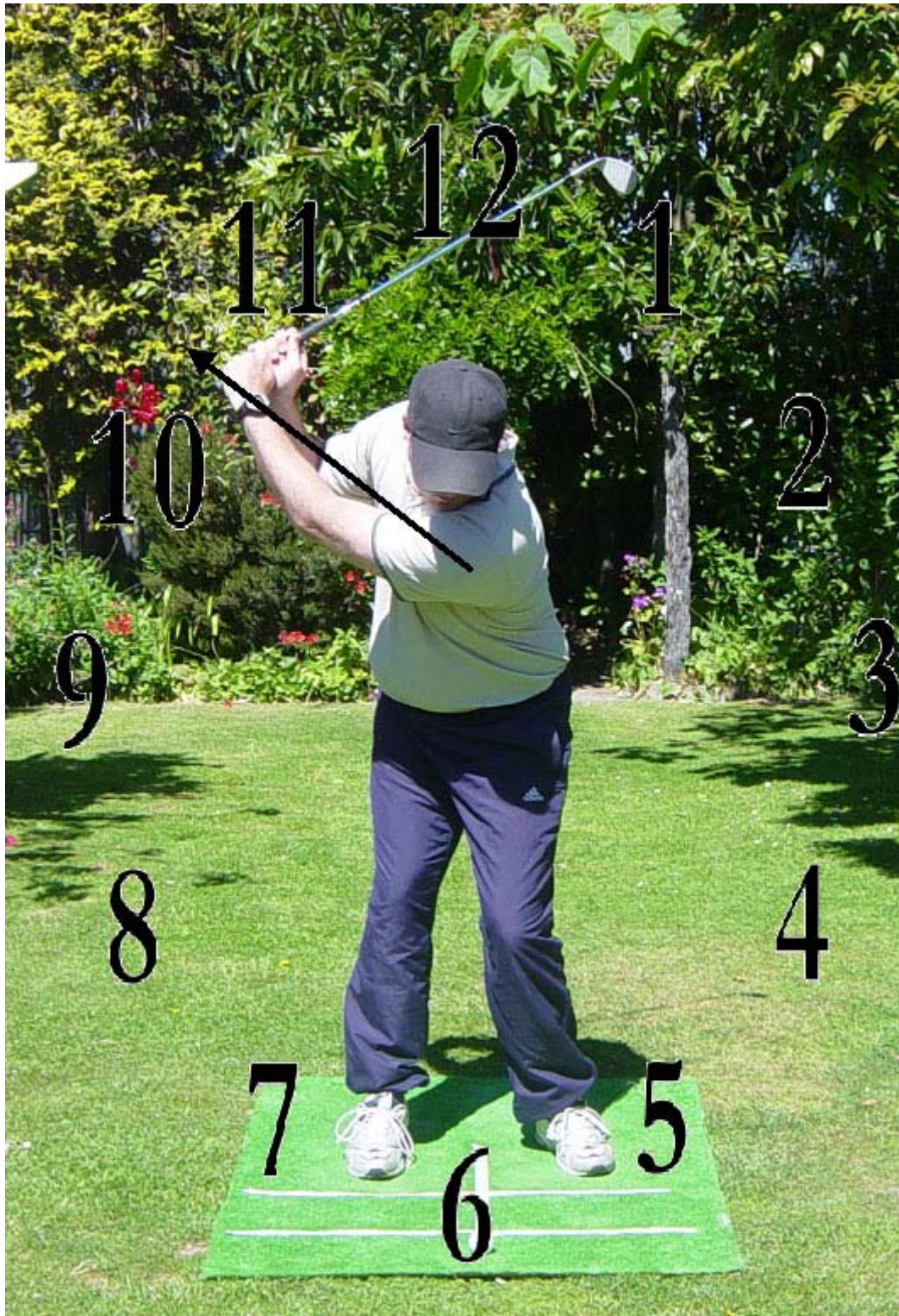
So that's quite a lot of ranges covered with one swing. But, naturally, there are times when you want to hit the ball longer, shorter, lower, higher etc. and the best way of doing that is to adjust the distance you swing and change the club you're using. So today that's what I'm going to teach you. And first I want you to imagine a clock at setup.



The one distance swing I've been teaching you would be a 9 o'clock swing (you take the measurement from the left arm as the picture below shows).



Now because the distance you swing is determined by how far your hips and shoulders turn together, your full swing with a wedge will not be that long. Here is a golfer at the full swing position with a wedge, which is about the 10:30 mark on a clock.



And that's the first new distance wedge I want you to practice today. But before you do this I want you to first practice the body movements necessary. So setup to a shot as normal.



Then let the club drop to the ground and put your hands on your hips like this.



Once you've done this then turn your shoulders and hips back together as far as you can.



So when you do that, that's the position of a full distance swing for you. Now when I say that your hips and shoulders should turn together when you swing you probably won't get this to happen.

Why?

Because most of us have practiced the long game swing for so long and for that swing you should limit the turning of the hips and then turn your shoulders as far as possible. So when you swing your wedges as I'm instructing you you'll probably naturally turn your shoulders a bit further than your hips, but don't worry about that. **Just do the best you can to turn your hips with your shoulders.**

Now when you go to practice a full distance wedge swing you can use a training aid like PathPro to help you swing the distance required. Also, you can swing at home with table tennis balls. That's what I recommend you do and this golfer is demonstrating on the next page:







Then when you're practicing on the range simply use the feel you've developed at home (by way of using your PathPro) to help you swing back the required distance.

So once you have the 10:30 distance wedge swing somewhat mastered at home then you should do the same as you did last week, in that you measured how far your shots fly with all your wedges. After you do this you will then have 8 different distances. Here are mine when I did this:

10:30 o'clock swings

- **Wedge - 48 degrees:** 92 yards (84 Meters)
- **Gap Wedge - 52 degrees:** 84 yards (77 Meters)
- **Sand Wedge - 56 degrees:** 76 yards (70 Meters)
- **Lob Wedge - 60 degrees:** 68 yards (63 Meters)

9 o'clock swings

- **Wedge - 48 degrees:** 62 yards (57 Meters)
- **Gap Wedge - 52 degrees:** 58 yards (53 Meters)

- **Sand Wedge - 56 degrees:** 54 yards (49 Meters)
- **Lob Wedge - 60 degrees:** 50 yards (45 Meters)

OK, now there's obviously one more distance swing we haven't covered yet. And that's the distance from your setup to between the 9 o'clock position. We'll call this the 7:30 position.



Important Note: For all distance wedge swings it's very important that you cock your wrists so there is roughly a 90 degree angle between the club and your left arm. To achieve this for the 7:30 swing you'll have to cock the wrists pretty quickly from the start of your swing.



Now again, I suggest you practice this swing position at home with table tennis balls to get used to it before you take it to the practice range, because this 7.30 distance wedge position is probably the hardest of all of them to master. But with practice you'll become good at this also. Anyway, to practice this I suggest you use your PathPro and table tennis balls as this golfer is demonstrating on the next few pages...







Important Note: When you're practicing all of these distance wedge positions you **MUST** remember to follow through fully like the picture above shows.

Once you've mastered the 7:30 position at home with table tennis balls then go to the practice range and hit real golf balls to find out how far you fly each club on average for the 7:30 swing position. When I did this I found that these are the distances I fly my 7:30 shots:

7:30 o'clock swings

- **Wedge - 48 degrees:** 34 yards (31 Meters)
- **Gap Wedge - 52 degrees:** 30 yards (28 Meters)
- **Sand Wedge - 56 degrees:** 27 yards (25 Meters)
- **Lob Wedge - 60 degrees:** 24 yards (22 Meters)

So as you can see I have swings to cover distances from 24 yards to 92 yards. And after you've done this you'll have known distances as well, and

these are the distances you need to master to have a great short game. Because if you do then you'll be able to hit your distance wedge shots close to the hole to give yourself a great chance of holing the 1st putt. And that's the aim of this short game improvement program.

But remember, these are just flight distances. Naturally you'll have to allow for how far the ball will roll on landing. And that will change a lot depending on the greens you're hitting into, the height of the ball, whether you're hitting from the rough or a tight fairway etc., etc. I'm not going to go into all of that now however, because at the moment your goal should be to hit the ball specific distances for each of these three swings.

And when doing this here is something I recommend you experiment with.

For each distance wedge swing try gripping the club further down the grip. When you do this you'll find you hit shots less distance than you have been while using the same swing. This will give you even more control and advantage over your shots. For example, if you're faced with a shot that you want to fly 80 yards and that's in between your gap and sand wedge then you can simply grip down an inch on your gap wedge and use your normal 10:30 swing. By gripping down on the grip the shot will automatically carry a few yards less without you trying to swing any different.

That's real control and it's simple too!

Anyway, that's something for you to keep in mind in the future. From today onwards I want you to practice the two swings I've shown you in this lesson and keep doing this for the rest of the week....

Tasks For This Week

Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 2 - Do the hands on hips drill back and through 5 times.

Task 3 - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 5 minutes.

Task 4 - Practice **pitching** as I showed you in Lesson 7. But do this with real golf balls **and hit shots to a target**. Also, make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot until your ball has stopped rolling. Finally, change clubs frequently when you're practicing this and hit shots to different distances. Practice this for 5 minutes.

Task 5 - Practice **the left hand only drill** that I showed you and do this 15 times.

Task 6 NEW - Practice for 10 minutes hitting distance wedge shots for the 7.30, 9, and 10.30 backswing positions. Do this with table tennis balls. Then when you're ready, get the distances your balls are travelling on average for the two new swing distances.

Time Needed - Approximately 30 minutes

In the next lesson you're going to learn about bunker shots. And as you'll see you only have to make a few small adjustments to what you have been doing to be successful out of bunkers. They really are easy. So in 7 days time start on lesson 13.

Lesson 13 – Bunker Shots (Part 1)

In this lesson we're going to start looking at bunker shots. And you've probably heard this before but it's true so I'm going to say it again.

Bunker shots are the easiest shots in golf because you don't have to hit the ball.

The distance wedge swings you've been learning are going to help you greatly in becoming a great bunker player because you simply have to use the same swing as you've been practicing. The only adjustments you need to make to play great bunker shots is in your setup.

Now to show you the changes you need to make to become a great bunker player I'm going to get my student golfer to use the short game practice station....

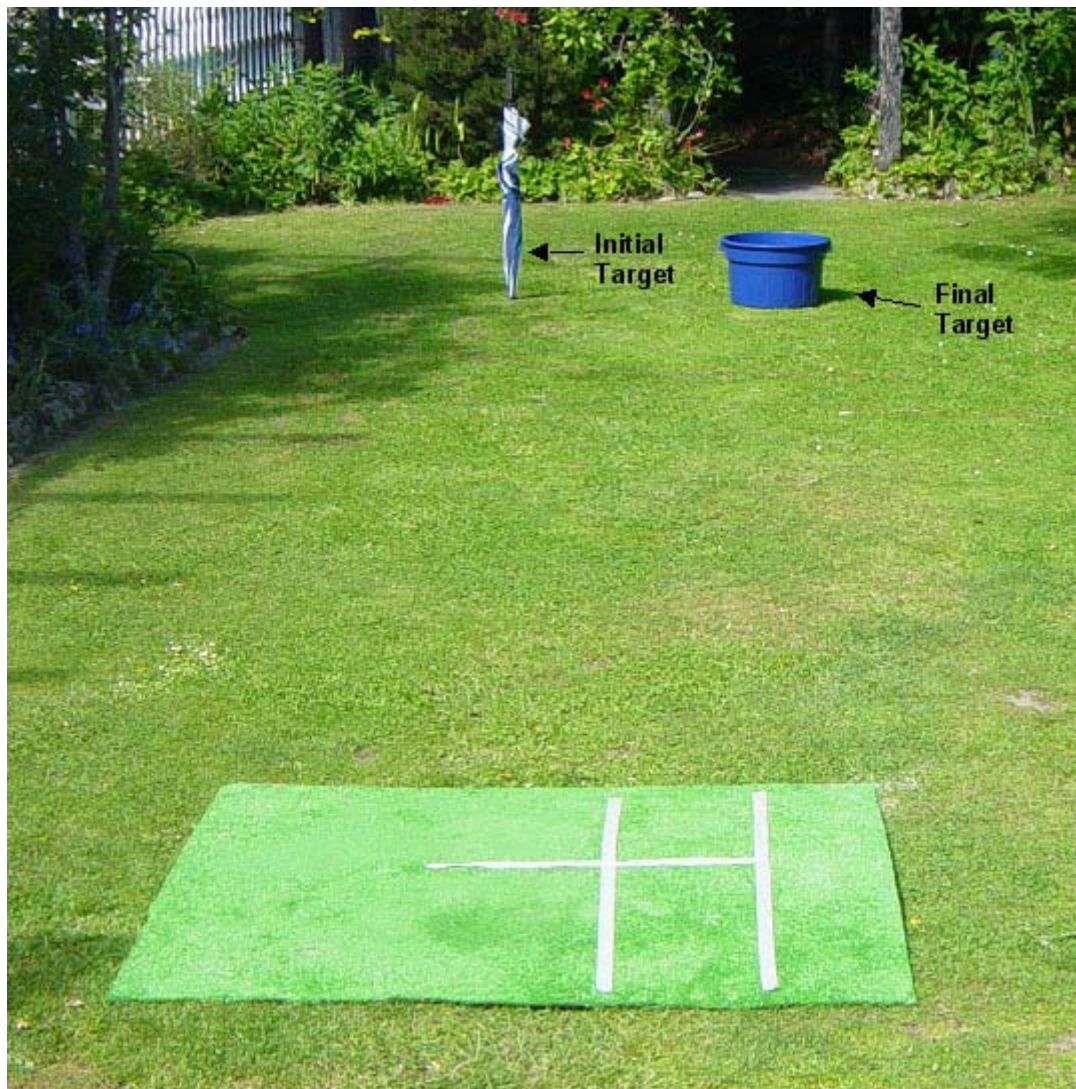


....and a special device that allows you to practice bunker shots at home in your backyard. But more on that in a minute.

First I am going to get my student golfer to place his short game practice station down and position his bucket 10 yards away on a direct line in front of it, like the picture below shows.



Next aim 3 yards left of the bucket. And to show you an umbrella is placed at the initial aiming spot.



After doing this then angle the short game practice station so the lines are pointing parallel to the new target line, which is now the umbrella.



Now as far as practicing bunker shots at home I have tried two things. The first is a splash board. Here is a picture of one of these:



These Splash Boards are only \$16.95. The other product I have used is a BunkerBoard by Dave Pelz.



You can find out more about them [here](#). One of those BunkerBoards costs \$58.57. So that's a big difference in price between a Splash Board and a BunkerBoard....so is it worth it?

Well, if you're going to practice bunker shots a lot at home I would recommend you get a BunkerBoard. But if you're only going to practice bunker shots occasionally at home then get a Splash Board. You do need a lot more sand with a Splash Board than you do with a BunkerBoard so keep that in mind. And speaking of sand, to practice this at home you obviously have to have sand. You can buy this from a Garden Center or Hardware store.

OK, so here is a photo of this all set to go with the BunkerBoard.



Important Note: Notice how the short game practice station is aligned at the initial target...not at the final target!

All right, now to the actual setup.

When you setup to a bunker shot you need to setup just like you have been for distance wedge shots. **BUT** obviously because your initial target is left of the final target that means your setup will appear open like this...



But when you look down the line to the initial target you should have your body parallel to the initial target like this....



So that's the first change in setup needed to play successful bunker shots. The second and third changes you need to make are with ball position and your grip.

Let's start with ball position.

When you position the ball in your stance to play a bunker shot it must be off your left heel. Why? Because you are not trying to hit the ball when you're playing a normal bunker shot. You're hitting the sand behind the ball which moves the golf ball.

So setup with your feet together like this ***(remember in a bunker you can't touch the sand with the club, so keep it above the sand)***, and hold the club with your right hand.



When doing this point your club directly at your initial target.



Then move your right foot to the right so your feet are about shoulder width apart and flare out your left foot by 20-25 degrees.



Important Note: When you setup in a real bunker you should move your feet around in the bunker to make sure you get a firm footing. You want to prevent foot slippage as much as possible in the sand.

So that's the feet positioning and ball position you need for successful bunker shots. The next major setup difference is how you grip the club. And it's not so much the grip you use because that's exactly the same as you have been using for distance wedge shots, **BUT** instead you grip the club in a different place.

Let me explain.

When you're setup as I've shown you up until this point in the lesson your club will be pointing at your initial target, which is left of where you want your ball to finish. So to get the ball successfully out of the bunker so it finishes close to the hole (final target) you need to open up the clubface. And how much you do this varies on the sand conditions, length of the shot etc., etc.. But you need to open up the clubface and to do this you should **NOT** just turn your hands. Instead you need to turn the club to

the right so the clubface is very open and then grip your club. And when you do this you should look at where you want your ball to finish while turning the club to the right.



When you do this the clubface will appear very open like this.



And the club will be pointing either at the final target or to the right of it. But when you look at the grip it's still a neutral grip like this:



So that's all the changes you need to make to your setup to play successful bunker shots. Here they are again:

1. Align everything left of the final target. But everything should be parallel to the initial target which should be left of the final target. How much varies on the sand conditions etc., length of shot, but more on that in the next lesson.

2. The ball should be positioned off the left heel.

3. The grip should be the same as you have been using for distance wedge shots but it will appear weaker because of the way of opening up the club and the regripping that I have shown you.

Once you've setup as I've shown you...





Then you simply need to swing as you have been with the 9 o'clock distance wedge swing.









And you swing along your body line, which means you'll be cutting across the ball. That's exactly what should be happening. You should not try and steer your swing towards the final target. You must swing along the open setup line that you've produced. The open clubface that you setup will cause the ball to fly towards your final target.

[Click here to view a golfer practicing bunker shots with a BunkerBoard \(Lesson 13 Video\)](#)

OK, that's the main things you need to focus on to successfully get out of bunkers. So here is what I want you to practice today and for the rest of the week.


Tasks For This Week

Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 2 - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 5 minutes.

Task 3 - Practice **pitching** as I showed you in Lesson 7. But do this with real golf balls **and hit shots to a target**. Also, make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot until your ball has stopped rolling. Finally, change clubs frequently when you're practicing this and hit shots to different distances. Practice this for 5 minutes.

Task 4 - Practice for 5 minutes hitting distance wedge shots for the 7.30, 9, and 10.30 backswing positions. Make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot until your ball has stopped rolling. Finally, change clubs frequently when you're practicing this and hit shots to different distances.

Task 5  - Practice bunker shots for 10 minutes just as I've shown you today. You can either do this at home or in a bunker. Just focus on the making the 3 setup changes I've shown you:

- Ball Position
- Grip
- Alignment

And swing with the 9 o'clock swing. Remember though, you should be hitting the sand about 1-2 inches behind the ball.

Time Needed - Approximately 30 minutes

In the next lesson you're going to learn how to take what I've shown you today into a real bunker....and what adjustments you need to make to play great bunker shots out of a lot of different types of sand. So read the next lesson in a week's time to get the next crucial lesson on bunker shots.

Lesson 14 – Bunker Shots (Part 2)

Today I want you to find a real bunker at a golf course and practice your bunker shot technique, because the instructions I gave you last week were a general guide as to how to hit bunker shots. You need to practice in real sand to find out what works best for you and the sand conditions you have to deal with.

To do this here is what I suggest you do.

Go to a golf course and find a bunker you can practice in. Then place 15 golf balls in the bunker, and make sure the shot is about 15 yards to the pin.



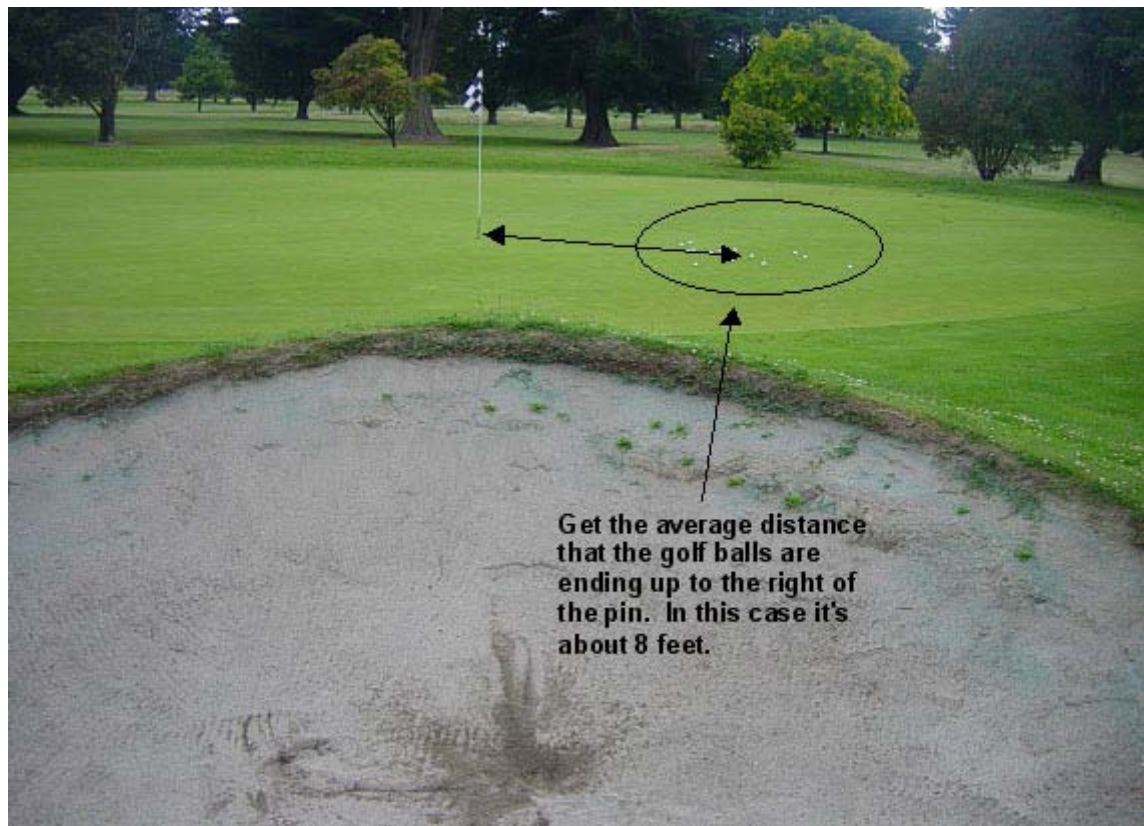
Next I want you to place a golf ball in a perfect lie ready for a golf shot and then draw a line in the sand going from behind the golf ball directly towards the pin. Then draw another line in the sand perpendicular to the target line. Here is a picture of this.



Now I want you to setup to the first bunker shot with your sand wedge as I instructed you last week, but align your body parallel to your initial target -- which in this case is the pin. So remember to position your ball off your left heel and open the club 30 - 45 degrees and then grip the club.

After you've setup like that then simply do your normal 9 o'clock distance wedge swing and after 15 shots get an average of how much to the right of the initial target your ball is ending up.

Important Note: You can use The Chip Fix when playing shots out of bunker so experiment with that also.



After doing this you may find that your golf balls on average are ending up 8 feet to the right of your initial target. So if that's the case you simply move your initial target 8 feet to the left of the pin.



Then hit shots again and the balls should end up near the pin.



The distances I was talking about, e.g. 8 feet, were just examples. In your bunkers you may only need to aim 2-3 feet to the left of the pin. But the principals that I've been explaining are the same.

Now if after doing this you found that your shots on average didn't travel far enough or they went too far then there are some adjustments you can make.

The first adjustment I suggest you make is to simply swing longer or shorter depending on what was happening. Keep everything else the same but just swing longer or shorter.

Another adjustment you can make is to the clubface. For example, if your shots weren't going far enough and you had it about 40 degrees open then close it so it's about 30 degrees open.

Other changes you can make include changing clubs. For example, if you're using a sand wedge and the ball is going too far then change to a 60 degree wedge.

Becoming great out of bunkers is all about experimentation. Not so much with your swing because you're just using the distance wedge swing I've taught you. And where you contact the sand should be determined by your ball position. You shouldn't change your swing to hit the sand in a particular place.

So here's a selection of the main things you should be changing and experimenting with when you practice bunker shots.

Ball Position - Start with it directly off your left heel and then move it back from there. It should not be in front of your left heel for any bunker shot.

Alignment - The longer a bunker shot the less you need to aim to the left of your final target.

Clubface - The longer a bunker shot the less you need to open up your clubface.

Club - You should try to keep the same swing and change clubs whenever necessary.

So let's look at how these four things relate to two different golf shots using a 9 o'clock swing.

Let's say you're in a deep pot bunker and you need to get the ball up very quickly and the pin is only 12 yards away from you. In that instance you'd....

- Position the ball off the left heel.
- Have your initial target about 15 yards left of the pin.
- Open the clubface so it's about 45 degrees open.
- Use a 60 or 64 degree wedge if you have one.

By doing that the ball should fly very high and land very softly. But this shot will not carry the ball very far so you need to make sure you swing through fully to get the ball out and close to the pin.

Now let's say you have a long bunker shot where the pin is 50 yards away. Here's the changes you should try.

- Position the ball just in front of the middle of your stance.
- Have your initial target just to the left of the pin.
- Open the clubface by about 10 degrees
- Use a wedge or gap wedge.

These are just suggestions mind you. There are no hard and fast rules for bunker shots. You've got to experiment and find out what works best for you and the conditions you're faced with. So here's exactly what I suggest you do for today and for the rest of the week to help you do this....

Tasks For This Week


Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 2 - Practice **chipping** to a target as I showed you in Lesson 4. Also, use a clear key when doing this and physically setup the same for each golf shot. Do this for 5 minutes.

Task 3 - Practice **pitching** as I showed you in Lesson 7. But do this with real golf balls **and hit shots to a target**. Also, make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot until your ball has stopped rolling. Finally, change clubs frequently when you're practicing this and hit shots to different distances. Practice this for 5 minutes.

Task 4 - Practice for 5 minutes hitting distance wedge shots for the 7.30, 9, and 10.30 backswing positions. Make sure for each shot you go through your physical pre-shot routine and do your Clear Key for each shot. Make sure you hold your finish at the end of each shot until your ball has stopped rolling. Finally, change clubs frequently when you're

practicing this and hit shots to different distances.

Task 5  - Practice bunker shots for 10 minutes just as I've shown you today using the 15 golf balls initially. Then after you're confident hitting a standard 15 yard bunker shot then try different shots and distances. To do this experiment with the four things I've talked about:

- Ball Position
- Clubface Openness
- Alignment
- Club

Time Needed - Approximately 30 minutes

The next lesson is the final lesson in the core part of this short game improvement program. So make sure finish the final lesson because that final lesson will wrap up this improvement program and let you know what you need to do on a consistent basis to maintain the improvements you've made so far.

Lesson 15 – The Maintenance Plan

I have given you a lot of great information on what you need to do to improve your short game up until now. So I don't want to give you anything new this week. Instead I want to give you an overview of how you should put all of this great information together on a consistent basis plus what to do when things go wrong. Also, I want to make sure you get the entire purpose of what I've taught you so far. It's very important you do. So let's start by looking at what I've shown you so far.

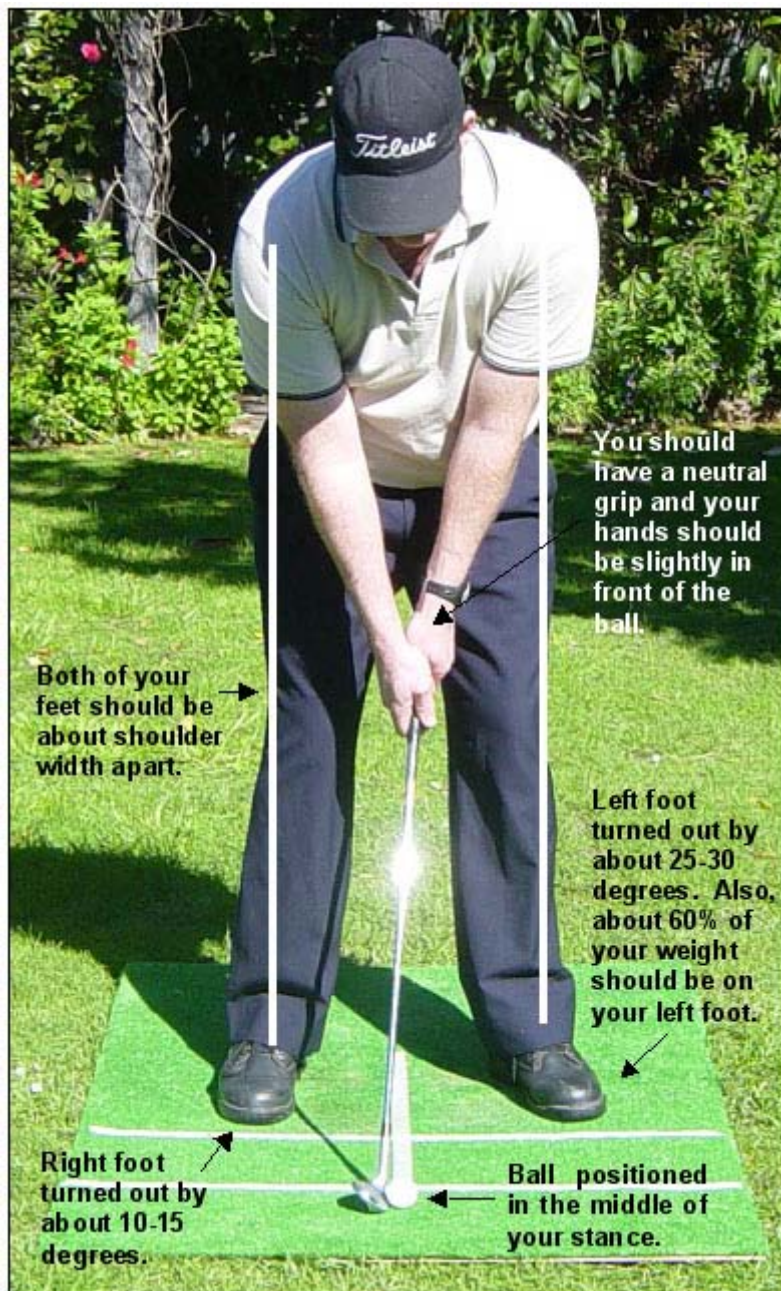
Now as you know....there are four parts of the short game which are:

- Chipping
- Pitching
- Distance Wedges
- Bunker Shots

So to maintain your improvement in the short game you need to practice all of these aspects of the short game regularly. And at the end of this lesson I have a maintenance practice plan for your short game that includes all of these aspects. But naturally, there will be times when you will be weaker in a particular aspect of the short game. For example, you may be struggling with pitch shots. So if this happens what should you do?

Well, if that happens (***and this applies to any other part of the short game***) you should go back to the basics of the setup. Start by looking at your grip. Then check your posture. Then check your alignment. Then check your ball position. Then get out The Chip Fix and make sure you are contacting the ground in the correct place with best angle of attack.

Pitching Setup





Most problems golfers suffer from stem from bad short game positions.

Now as far as your swing is concerned the worst thing you can do is to decelerate with a short game shot. So if you're struggling with any short game shot make sure your follow-through is longer than your backswing.



OK, if you remember, in the introduction to this short game improvement program I said that there are 3 things you need to have for a great short game. To refresh your memory they are:

- 1.** You need to have control over the physical swing as that produces the trajectory, velocity and spin rate of each shot. **And all of this determines where your ball lands.**
- 2.** You need to be able to determine and accurately predict how the condition of the ball is lying is going to affect the shot you're going to play.
- 3.** You need to have a good idea and feel for how the ball is going to react when it lands.

In the lessons so far in this short game improvement program I have taught you the basics needed for **number 1**. But you need to learn adjustments and different shots so that you can play shots when the ball is not sitting perfectly. Then you need to learn how to predict what happens when your ball lands.

All of these things will help you to improve your short game even more. And that's why I have included some bonus lessons at the end of this program that will help you to improve your short game. But please understand this....

**Without the foundation that I have given you so far,
the rest of what I have to teach you under the short
game would not make much difference to your golf game.**

Because if you can't consistently land your ball close to the spot you want then it doesn't matter how many different shots you know how to play. So to help you maintain the ability of hitting shots the distance you want, on the next page is the maintenance practice plan for the short game. Please use that on a consistent basis to continue to learn the swings necessary to fly your shots the distance you want.

But now you're free to turn your attention to improving the next weakest part of your golf game. And to help you do this, I have further programs that focus on the other parts of golf i.e. The Long Game, The Putting Game, The Mental Game etc. If you would like more information about them please contact me.

For Consistent Golf,



Jeff Richmond
jeff@consistentgolf.com
Director of Instruction,
ConsistentGolf™

Maintenance Practice Plan

Important Note: For all the shots below you need to make them as much like what you would do on the golf course. So for every shot make sure you go through your physical pre-shot routine and do your Clear Key for each shot. And make sure you hold your finish at the end of each shot until your ball has stopped rolling.

Also, it's important when you're practicing that you do so to specific targets and change clubs often and change distances often. Make your practice sessions as close to a real golf game as possible. In short, mix it up...don't hit shot after shot from one spot!

Task 1 - Practice **chip-putting** as you did in Lesson 2....and do this for 5 minutes.

Task 2 - Practice **chipping** as I showed you in Lesson 4...and do this for 5 minutes.

Task 3 - Practice **pitching** as I showed you in Lesson 7....and do this for 5 minutes.

Task 4 - Practice hitting **distance wedge** shots for the 7.30, 9, and 10.30 backswing positions.....and do this for 5 minutes.

Task 5 - Practice **bunker shots**...and do this for 5 minutes.

Time Needed - Approximately 30 minutes

Bonus Lesson – Flop Shots

A flop shot is a shot that flies a lot higher and travels less distance than a normal distance wedge shot. This is a great shot to employ if you have to stop the ball very quickly. For example, if you have to fly the ball over a bunker and have it stop quickly then this is the type of shot you want to play.

Now when I see amateur players try and play this shot I often see shots flying either way too short or way too long. And this shot is no different than any other short game shot where distance control is at a premium.

So unlike other golf professionals that teach just how to play this shot, I'm going to teach you how to play this shot consistently so you can fairly accurately predict where the ball is going to land. And I said "fairly accurately" on purpose because a flop shot is one of the toughest shots to play as far as distance control is concerned. Even the top professionals struggle to play this shot with the consistency of other distance wedge shots. But you can get very proficient at it, and here's what you need to do to learn it.

Get out your short game practice station.



Then I want you to position an umbrella 5 yards away on a direct line.



Now to start off practicing flop shots I want you to use table tennis balls. So get out your 60 degree wedge if you have one and setup to a ball as though you are going to play a normal distance wedge shot.



Now the only change you need to make in your setup to hit a successful lob shot is to open up the clubface. But when you do this you must do it like you did when you learned to play bunker shots. So setup as you would to play a distance wedge shot.



Then loosen your grip and rotate the clubface so it's 30-45 degrees open to your initial target.



Then simply grip the club again as normal.



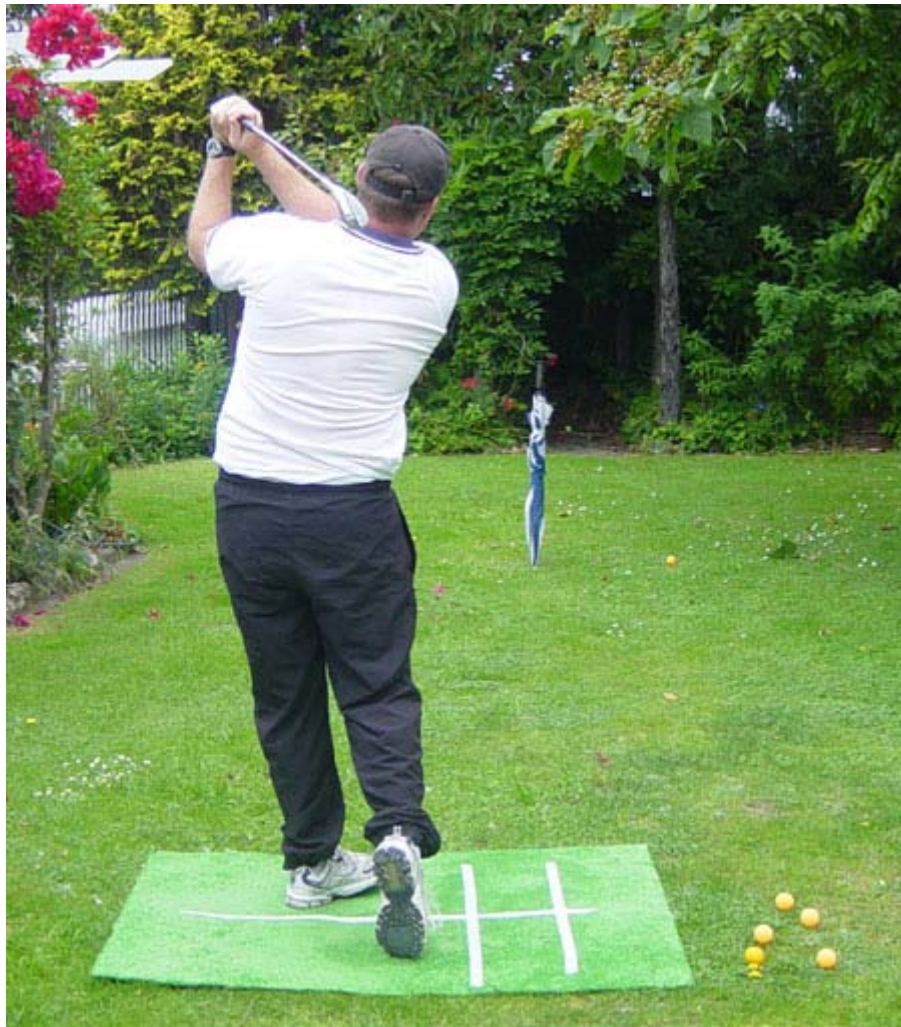


Now when you swing along the original target line the ball should fly to the right of that line. So swing back to the normal 9 o'clock position....





....and then swing through to a finish:





So I want you to practice this over and over again with table tennis balls so you get really confident at doing this.

Now once you've practiced this and are proficient at doing this then you need to take your practice of this shot to the golf course. So find a situation where you need to employ a flop shot like this...



Then place down 5 balls and pick out an intermediate target to the left of the pin and practice this shot as I've shown you. With practice you'll soon discover how far left you need to aim and the size of the swing you need to make to get the ball to fly the distance you want.

After practice you'll find that this shot is not as tough as a lot of golfers make it look, because the main difference from any other shot is the open clubface. But it does take practice to perfect it. So practice it and when you have this shot mastered it will save you a lot of shots.

Bonus Lesson – How To Prepare For Each Short Game Shot To Give You The Highest Chance Of Success

When you're faced with a short game shot you first need to look at how your ball is lying. Because how the ball is lying has a huge affect on the types of shots you can play and how the ball is going to react. For example, if your ball is lying on a tight fairway with a good lie then you'll be able to get a lot of backspin on the ball if you hit the ball first.



But if in this situation you want to hit a flop shot you must understand that when the ball is sitting on a tight, closely mown fairway then **you have to be 100% precise when contacting the ball** otherwise things can go badly wrong.

So trying to hit a flop shot from a tight lie is a very, very high risk shot. A flop shot is much easier to play from a fluffy lie or from light rough.



And speaking of rough, if your ball is sitting down in long grass then it becomes very hard to get the clubface to contact the ball first. What happens when you play a shot from long rough is the grass gets between the clubface and the ball and this kills backspin. So you're never going to get the same backspin from a short game shot out of long rough as you would from a tight fairway situation.

Once you've observed the lie of your upcoming short game shot you then need to figure out how far it is to your **ultimate target**. To do this you can get very advanced and get a laser range finder and have the exact yardage...



...or you can learn through experience.

What do I mean by experience?

Well, if you can, you should play some quiet nine holes and give yourself different length short game shots. And before the shots you should guess how long the shot is. Then after playing the shot pace out the distance to your target. By doing this you'll get a feel for how close you are to guessing the distance to your targets. The more you do this the better you'll become at guessing the distance to your targets.

Your mind is an amazing tool. Obviously this takes more work than a laser range finder but it will probably be more helpful to your golf game in the long run.

Why?

Because your mind will be able to automatically adjust for wind, whether the pin is above or below you etc.. Whereas with a laser range finder golfers often get very locked into the exact number.

Another very important consideration when looking to play any short game shot is the wind. You need to assess the wind direction, how strong

it is and consider what type of affect that it will have on your shot and put this into your calculations. For example, if you've got a 50 yard shot into a strong wind to a pin that is on the front of the green and just in front of the green is a bunker then hitting a high floating shot is not going to be the smartest choice.

Why?

Because it is very, very hard to judge how much distance the wind is going to take off a shot. Besides, if you figure it out correctly but then a big gust of wind comes up while you're swinging you'll no doubt come up short in the bunker.

So the best option in this situation is to hit a lower type of punch shot where the wind will not have much effect. That way you can much more accurately predict how far you're going to hit the shot. You probably won't get the ball as close to the hole as you would if you hit a high, soft shot but your chances of success go way up.

After looking at these three factors...

1. Lie
2. Distance to target
3. Wind

...you then need to figure out the trajectory you think will work best for the shot you're faced with and where you will need to land the ball for it to end up at the target. This is all about visualization and experience. The more you go through this process the better you'll become at predicting the best trajectory and distance your ball needs to travel in the air to land on a spot that will let the ball release to the hole.

There's no shortcuts to this...just practicing and learning from what your shots have done in the past. That's why it's very important that at the end of each short game shot you hold your follow-through so you can watch your shot and get a feel for what just happened. Over time you'll learn a lot from each short game shot and you'll improve your ability to predict what is the best shot to play in each different situation.

That's called FEEL!

So once you've visualized the trajectory your shot needs to travel and where it needs to land (***taking into account the lie, distance, wind etc.***) to finish at your target, you then need pick the best club to play the shot at hand.

Once again, this comes from experience. You've simply got to practice different shots, see the results and learn from what happened. For example, if you wanted to play a low punch shot but the ball went a lot higher than you expected then it was probably the incorrect club. You probably needed to choose a lower lofted club.

After picking the club for the short game shot you're faced with, you then need to visualize how you're going to swing that club to produce the shot you visualized when you saw the trajectory and where your ball needs to land to finish at your target.

So stand behind your ball and visualize yourself swinging the club you've chosen perfectly to produce the result you want. Then after doing this stand as close to your ball as you can to get a feel for the exact shot you're about to play and then practice swinging exactly as you think you need to so you'll get the result you want. However, you have to be very careful doing this that you don't move the golf ball.

Only swing as close as you can so you know the ball will not move.

Now I don't believe you should practice swinging a set amount of times. Instead I believe you should practice swinging until you feel you've nailed the exact swing you would like to make over the ball. That might take 2 swings or it might take 5 swings. Whatever it takes it doesn't really matter. But the most important thing is you feel confident and you commit 100% to the shot when you actually go to make it.

When you go to play the actual shot you then need to go through the exact same procedure for every shot. And that's what I got you to practice in **The Short Game Improvement Program**. That's called your pre-shot routine. What I've described in this lesson is the preparation before a shot. You have to do this before each short game shot and then when you're ready you need to start your pre-shot routine.

I think a great thing you can do is to get a trigger so you signal to yourself that the preparation phase is over and you're into actually hitting the shot.

You can choose any trigger you want. It could be saying to yourself verbally something like **"start"** or **"begin"**. Or you could choose a physical trigger like adjusting your hat if you wear one, or adjusting your glove. It doesn't matter what it is, it just needs to be something unique that you come up with to signal the beginning of a shot.

So that's an overview of what you need to do to prepare to hit successful short game shots. And so here what I want you to work on. Before each short game shot I want you to...

1. Assess the lie of your ball
2. Work out the distance from your ball to your target
3. Observe the wind direction and force

After doing this you then need to...

4. Visualize the trajectory that your ball needs to travel on to finish at your target - taking into account the 3 previous factors
5. Pick the best club to produce the trajectory and land on the spot you've chosen
6. Visualize yourself swinging the club you've chosen to produce the result you want
7. Practice swinging the club you've chosen until you're happy that the swing you've just made is what you want to do over the ball

There you go, that's what I want you to work on over the next 30 days. If you do this, and make this a habit you'll get your short game shots closer to the target, and consequently you'll score lower.

Bonus Lesson – How To Practice Your Short Game

Now obviously to improve your short game you're going to have to practice. And you've got a good base from which to do this, as you've completed the short game improvement program. But you now need to practice out of all sorts of lies and conditions to learn how to get the ball close to the pin from a variety of different situations.

So in this lesson I want to give you some advice on how to do this, **because if you practice wrong or get lazy practicing you'll get worse.**

First of all, when you're practicing you've got to remember that what you're doing is largely forming habits and learning. So to help you do this as much as possible you must go through your pre-shot routine for each and every shot. Treat each practice shot just like you would out on the golf course. And this is very important...at the end of each shot hold your finish and get feedback on what just happened. Never just rake and beat balls. You'll be wasting your time if you do that.

When you're practicing your distance wedge shots make sure you have markers of some sort so that you know how far it is to each target. You need to have accurate feedback when you're swinging so you know how far each shot is flying. Also, use alignment clubs when you're practicing so you can line up correctly every shot. **It's very, very easy to get into an incorrect alignment position.**

Now this next point is very, very important. When you're hitting short game shots you **MUST** watch not only the direction of the shot, but also the trajectory of each shot. A lot of golfers ignore the trajectory of shots. But this is critical because without getting a good feel for how low/high your shots are flying it will be very hard for you to judge what's going to happen upon landing.

Now when you practice you must structure it so that it suits your personality. For example, if you're a fairly impatient type of person don't try and do long practice sessions. Do short and sharp practice sessions before you lose your focus.

When you work on improving your short game you should focus on improving your worst short game shot. It's very easy to practice the shots that you're good at but improving them will make little impact on your score. It's when you can improve your weak shots that you make a big improvement in your golf scores.

It's also very important when you practice your short game that you vary the lies and positions often that you're practicing. Don't just stand in one place all the time and hit balls. When on the golf course do you just stand in one place?

I suggest you hit a maximum of 3 balls from any one place. That advice doesn't really apply to distance wedge practice however. When you're practicing them you should move about every 20-30 balls.

Finally, you've got to treat your short game practice seriously by doing everything I've outlined in this lesson. Otherwise you're just wasting your time practicing. You may as well be at home watching TV.



So practice intelligently and try and learn to improve from every shot. If you do that, you will improve your short game and take shots off your scores.

Bonus Lesson – Practice Drills For The Short Game

In the last lesson I talked about practicing intelligently, and in this lesson I want to give you some drills you can do when practicing to get the most improvement out on the golf course. So to start this off, let's look at....

Chipping

Now the big part of the short game improvement program is to learn to land the ball in the place you want the ball to land. And for chipping I want you to find one area to chip from and then with one club practice chipping until you can consistently land the ball where you want. Once you can do that then change clubs every shot and try to land the ball on the same spot. Use clubs between your 5-iron and lob wedge when doing this.

This is a great exercise to do because it will teach you quickly how far each club will roll the ball. Once you've done this then experiment with different chip shots and try different clubs until you find the best clubs for you generally to use on chip shots. For some people that will be high lofted clubs, for others they'll prefer lower lofted clubs. You've got to find what works best for you.

Another great drill you can use to practice your chipping is to make a circle about 3 feet in diameter with golf tees around a hole. Then practice chipping from different spots trying to get each ball to stop within 3 feet of the hole.

Finally, if you're lucky enough to have a practice chipping green with multiple holes then you should pick one spot to chip from. Then for each shot, chip to a different target. Naturally when you do this you will probably have to change clubs. For example, if you've got a 50 foot chip and a lot of green between you and the pin then you'll do a lot better to choose a lower lofted club like a 5 or 6 iron. Then if you've got a pin that is very close to you and not much green then you'll have to choose a more lofted club. Remember, the goal is to land the ball about 3 feet on the green for each chip shot.

This is a great drill to practice before you play a game as it will quickly give you a feel for the greens that you'll be faced with out on the golf course (as long as they're similar to the practice green).

OK, let's look at some practice drills for...

Pitching

Often when you're faced with a pitch shot your ball will not be sitting perfectly. So to become a great short game player you have to practice shots from poor lies. So do this, but when you do don't just give yourself a bad lie for one shot and then go back to giving yourself good lies. Hit at least 10 shots from a particular bad lie so you can learn how best to get the ball out of that spot and close to the hole.

Now with pitching you have to employ a lot of imagination and be able to visualize what's going to happen with the golf ball very clearly. And a great way of improving this skill is to get one club, e.g. a 7-iron, and place balls around a golf green and hit shots with your 7-iron trying to get each ball as close as possible to the hole. Naturally when you do this you'll have to make adjustments from your normal setup. For example, if you're behind a bunker and you're using a 7-iron you'll have to open the club up very wide, have a very wide stance and make a long, big swing.

But that's OK. Doing things like this will help you to have some fun and learn what you can do with a golf club, and improve your visualization and imagination skills. That can only improve your short game.

All right, let's now turn our attention to...

Distance Wedge Swings

This distance wedge drill involves a fellow golfer. To do this drill simply find an area where you can practice the distance wedge shots and practice hitting shots back and forth to each other. So start at say 50 yards away from each other and with one ball try and hit the ball to your partner so it bounces once in front of them and then they can catch it.

Then they hit the ball back to you trying to get it to bounce once in front of you.

This game is great as it puts a bit of pressure on, which can only help on the golf course. Also, it makes you focus a lot on where you want your ball to fly. And if you don't fly it where you want then you might get a bit of flak from the person having to chase after the ball all the time.

If you don't have a person to do that drill you can simply put targets out at different distances and then hit distance wedge shots to each target. Start with your shortest target and then move up to the furthest target. Once you've done that then hit each shot to a random target. By doing this it will get you more into a course mentality where each golf shot is different.

OK, now let's finally look at...

Bunker Shots

To do this first bunker drill you simply have to place the ball on a tee and push the tee down into the sand. Once this is in place then you simply have to swing and try to cut the tee in half with the leading edge of your golf club. If you have trouble getting your club through the sand then you should definitely try this drill, as it helps greatly to accelerate through the sand.

Another great drill to improve your bunker shot technique is to place a ball in the middle of your foot print. Then when you swing simply focus on removing the imprint completely from the sand. This is a great drill if you're afraid of hitting the sand. Finally, when you're practicing bunker shots make sure you don't just practice perfect lies. Give yourself bad lies and learn to get the ball close to the pin from anywhere.

So that's some ways you can practice the short game. But finally, probably the best way to improve your short game is to practice with someone that is better than you. If you can find someone like that then play games with them trying to beat them in getting the ball closest to the hole.