



## Talking in the 19th Hole

### WEEKLY TRAINING 7

**THE DESCENDING BLOW ON THE CHIP.** How to get the ball off the chip is one of the least understood concepts in golf. Many players, even of a reasonable level, try to lift the ball by scooping. The correct concept is to make a descending blow. It is to hit down so that the ball goes up.

On the descending blow, the club accelerates on the forward swing, producing a solid and consistent contact, hitting the ball first and then the grass and lifting the ball by the action down and through the club's loft.

The follow-through will be lower and shorter than the backswing, which encourages acceleration through the shot.



Exercises to make a descending blow on the chip:

- Right heel raised. In the address, lift the right heel. Hit making a descending blow.



- Brush the grass or cut the hair. Take practice swings by brushing the grass or cutting small pieces. Hit applying these sensations.
- Low and frozen finish. Hit keeping the finish with the head of the club close to the ground.



- Hit the stimulus. Place a tee or coin under or in front of the ball. Chip hitting the ball and stimulus.



- Clear the obstacle. Place a towel, stick, headcover, or ball behind the ball. Hit without touching the obstacle in both directions.



- Limbo. Place a string one yard in front of the ball at the height of 2 feet. Hit the descending blow by getting the ball under the string and the club not to reach the string.



- The limbo under the shaft.



<https://www.youtube.com/watch?v=IFcM0tMt534&list=PL08A19072F094A817&index=16>

Make a descending blow on the chip will make you a better player. **FORE.**

Note: If you are subscribed to [www.handy.golf](http://www.handy.golf), you receive the file with all the images of the exercises.

Mateo Melgar Ochoa – Golf Pro

[www.handy.golf](http://www.handy.golf)

[www.youtube.com/jugargolf](http://www.youtube.com/jugargolf)

[mateomelgar1969@hotmail.com](mailto:mateomelgar1969@hotmail.com)