



## Talking in the 19th Hole

### WEEKLY TRAINING 10

**THE UNEVEN LIES ON THE CHIP AND PITCH.** The four basic lies are presented in chip and pitch shots around the green, including double lie shots. Each lie requires adjustments in address and swing. Swing and address adjustments are aimed at positioning the body so that the angle of approach of the clubhead to the ball is as if it were on flat ground and maintaining balance on the swing. The adjustments are proportional to the dimension of the lie, and it is essential to practice them before applying them in the course.

- Uphill lie.

Chips and pitches with an uphill lie are considered easy shots, especially if the uphill is light. They are shots that fly higher, land shorter, and roll less than normal shots. These shots are played with the following adjustments and considerations:

- Select a club with a lower loft, as the slope naturally increases the ball's launch angle.
- Tilt the body back (right side).
- The shoulders and hips parallel to the unevenness of the ground.
- The knees bent so that it is easier to put the shoulders parallel to the ground. For this, the right knee is more flexed than the left.
- The vertebral column is perpendicular to the unevenness of the ground.
- The right shoulder is lower.
- The ball's position is an inch or a ball in front of the normal position because, before the ball, the ground is low, the club tends to reach the ball forward, but some suggest that the ball be an inch behind to ensure direct contact as it is difficult to shift the weight on the forward swing.
- The square face.
- The stance is slightly wider than normal for the type of shot. The steeper the uphill, the wider the stance for greater stability.
- The lateral weight on the bottom foot (right foot), but since these shots, the weight goes on the left side, a sum of weights has to be done to achieve the correct balance and angle of attack.
- The bottom foot requires greater stability because it is holding more weight. The top foot has little weight.
- The slightly open alignment if the uphill is light. If the uphill is steep, the alignment is parallel or slightly closed because the ball will fly slightly from right to left.
- At the beginning of the backswing that the head of the club follows the slope downwards.
- The backswing will be shorter than normal because the position of the body limits the amplitude.
- In the backswing, the wrist break will be less than that required for a regular shot.
- In the forward swing, make an extra effort to change the weight and turn the body, which is difficult, so the swing is more dominant with the arms.

- The forward swing is in favor of the slope.
- The finish is longer than normal because the body's positioning promotes it and because it is necessary to give the ball greater momentum because it will come out higher than normal, but it will advance less.
- The ball will tend to fly slightly from right to left
- The ball will land and roll little, so you have to land close to the target.



- Downhill lie.

Chips and pitches with a downhill lie are considered difficult shots. They are shots that fly lower, land shorter, and roll more than normal shots. These shots are played with the following adjustments and considerations:

- Select a club with greater loft since the slope naturally decreases the ball's launch angle.
- Tilt the body forward (left side).
- The shoulders and hips parallel to the unevenness of the ground.
- The knees bent so that it is easier to put the shoulders parallel to the ground. For this, the left knee is more flexed than the right.
- The vertebral column is perpendicular to the unevenness of the ground.
- Even shoulders or slightly lower left shoulder, depends on the steepness of the downhill.
- The position of the ball is one inch or one ball behind the normal position.
- The position of the hands in front of the ball.
- The shorter grip reduces the chances of hitting far back because the contact point behind the ball is higher.
- The weight on the bottom foot (left foot).
- The bottom foot requires greater stability because it is holding more weight. The top foot has little weight.
- The alignment is more open than normal.
- The backswing is more vertical and with a quick wrist break.
- The backswing is more vertical than normal because the position of the body promotes it.
- In the downswing, the lower part of the body directs the movement.
- In the forward swing, it is easier because the downhill makes it easier to turn the body forward.
- The downswing, impact, and follow-through follow the slope to ensure that the club enters the correct angle of attack.
- The finish is shorter than normal because the positioning of the body promotes it.
- The finish of the club is very similar to the angle of the slope.
- The ball will tend to fly low, land, and roll a lot, so be careful about where it can end up.

- The ball will tend to fly slightly from left to right.



- Ball above feet.

Chips and pitches with the ball above feet are played with the following adjustments and considerations:

- The grip is taken shorter to compensate for the difference in height between the ball and the player's body. The higher the ball, the shorter the grip.
- The most upright posture with less bending of the knees and less inclination from the hips.
- The body is a little further from the ball.
- The narrowest stance to promote an upright posture.
- The position of the ball is one inch or one ball behind the normal position.
- The front weight a little more on the balls of the feet to counteract gravity.
- Aim to the right of the target because the ball will fly from right to left.
- The parallel or closed body alignment (to the right of the target).
- The club's face is square or slightly open to counteract the fact that the ball tends to fly from right to left.
- The backswing will be flatter and more rounded due to posture.
- The backswing is longer to compensate for the shorter arc for taking the shorter grip.
- In the backswing, the wrist break is slightly greater than that required for a normal stroke.
- The ball will fly from right to left, and when landing, it will roll slightly more than normal.



- Ball below feet.

Chips and pitches with the ball below feet are played with the following adjustments and considerations:

- The grip is taken as long as possible so that it contributes to reaching the ball.
- The most inclined posture with greater flexion of the knees and greater inclination from the hips.
- The widest stance so that the body is lower.

- The position of the ball is one inch or one ball ahead of the normal position.
- The position of the square or slightly closed face to counteract the tendency of the ball to fly from left to right.
- The body is closer to the ball.
- The frontal weight is a little more on the heels of the feet to counteract gravity.
- The body's alignment is more open than normal (to the left of the hole).
- The backswing is more vertical due to posture.
- The ball will fly from left to right, so you have to aim to the left.
- The ball flies less, so you have to generate a little more speed.



In the four uneven lies, it is advisable to take practice swings brushing the grass, observe where you are brushing and make the necessary adjustments in the address or the ball to increase the chances of good contact.

Mastering uneven lies around the green 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.

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