



Talking in the 19th Hole

WEEKLY TRAINING 13

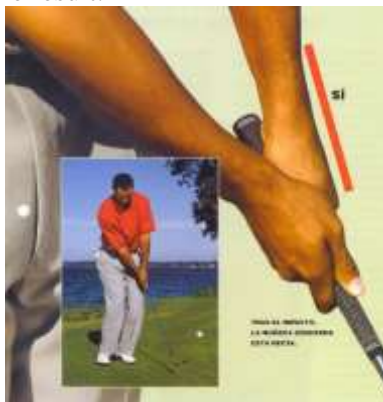
KEEP THE ANGLE OF THE WRISTS ON THE CHIP. Some players on the chip make excessive use of their wrists during the area of impact, causing the club's head to overshoot their hands. This technical failure causes fats, skulls shots, thins, shanks, double hits, and in many cases, it is the cause of yips.



To achieve a solid shot on the chips, keeping the hands in front of the club's head is essential through impact. Some ideas to achieve this are:

- Maintain the angle of the wrists through impact.
- Keep the left wrist flat and steady on impact and follow-through.
- The right-hand does not pass over the left hand before impact.
- Stabilize the face of the club during the impact.

Different phrases to achieve the same result.



Developing the ability to hit the ball with your hands in front of the clubhead is critical to the chip shot and the full swing. Beginners should take the time to develop this skill because it will largely determine the level of play, they will achieve in golf. A significant difference between amateurs and professionals is precisely the position they reach on impact. The amateurs hit with their hands behind the club's head and the pros with their hands in front.

Exercises to get the hands in front of the head of the club on impact. Start the downswing with a slight movement of the lower body, followed by a turn of the abdomen and chest, which contribute significantly to maintaining the angle at the wrists.

- Inverted prayer. In the address without a club, put your hands as if you were going to pray, but pointing downwards. Angle your hands so that your wrists are in front of your fingers. Simulate the chip shot while maintaining the angle of the wrists.



- The shadow. Take the address so that the sun is directly on your back and the shadow is in front of you. Take practice swings or shots, holding the finish. Observe in the shadow that the hands and the head of the club are even.



- Keep the tilt of the grip. Make the regular address and backswing. On the downswing, impact and follow-through, keep the grip moving forward at the same tilt.



- Chip with one hand. Take the chip address by holding the club with only one hand. It can be the right or left hand. Make practice swings by getting your hand to go in front of the clubhead through

impact. Then do the same by hitting balls. Finally, reapply this sensation by taking the club with both hands.



- Grip on the left rib. In a standard chip address, take the club from the shaft and place the grip touching the lower part of the ribs on the left side. Make chip swings keeping your grip in contact with your ribs.



- Reverse on the finish. Make the normal chip. From finish, return your hands to the address holding the position in which you finished. If you kept the angle of the wrists, you would be in a position similar to the address. If you break the wrists, you will be different from the address.



- Broom. Take a broom like a club. Make swings. On the forward swing, feel that the hands pass the impact area first than the bristles.



- Put a stop. Place a shaft or club diagonally to the ground in the player's follow-through path. The player makes his stroke maintaining the angle of the wrists and stopping before touching the diagonal shaft or club.



<https://youtu.be/JjCdKGxJ44E?list=PL08A19072F094A817>

<https://youtu.be/Y9bGmAArzQw>

Keeping the wrist angle on the chip and pitch will make you a better player. **FORE.**

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