

### Ball Above Feet

#### Setup

As usual - feet shoulder width apart

Weight on balls of feet

Choke on the club to maintain usual slightly bent over body angle

Aim to the right of target - tendency to hook

Steep hill - open club face

#### Swing

Normal swing rotating around the spinal axis

Make sure the body follows through leading the arms and hands - *otherwise you will hook or hit fat behind the ball*

### DownHill Lie

#### Setup

Feet wider apart than normal to increase stability

Ball in usual position

Shoulders parallel to slope

Aim left of target since the weight will be on the left foot tendency to have body in front of ball at impact leading to a slice

Steep hill - place ball further back

#### Swing

Rotate as normal - due to slope weight will be on left foot

Ball flies lower and hence further because of down slope so add +1 in your club selection i.e. use a 9 instead of 8

If Green is below you then add +2 to your normal club selection

### Ball Below Feet

#### Setup

Stand at a lower posture than normal to reach the ball

Weight on balls of feet, Feet spaced wider than normal and bend your legs lower

Maintain the slightly bent forward back posture

Aim Left as slope will send the ball to the right

Steep Hill - close face of club

#### Swing

Rotate around spinal axis

Body follow through leading the arms and hands

Maintain body angle throughout the entire swing

### Uphill Lie

#### Setup

Wider stance than normal for better balance

Ball position as normal

Shoulder parallel to slope

Naturally - weight will be on the right foot

Aim to the **Right** of target - tends to hook

#### Swing

As normal but slope makes it harder to follow through and body tends to remain further behind the ball - tends to hook

Ball flies higher thus shorter so take a -1 club as normal selection i.e. an 8 instead of a 9

If green is above then take -2 of normal club selection

### Sand Trap Play

#### Setup

Square club face to the target

Take an open stance

Shift weight to ensure your feet will remain stable underneath you for the entire swing

#### Swing

Take a full swing

Hit the sand behind the ball

Control the flight distance of the ball by how far back you from the ball you strike the sand

