### 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

### 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

### 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 infront 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

### 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