



“No Embarrassment” Ladies Golf Clinic

Week TWO – Chipping

❖ **Review of Putting** – *The single most important aspect of the game*

➤ **Holding the Putter**

- Left hand near the TOP of the GRIP (RH Golfers)
- Thumbs on Top, Wrap rest of fingers around club
- (or) Interlock pointer finger of LH with little finger of RH
- (or) Overlap Pointer Finger of LH
- (or) Left Hand Lower than RH – thumbs still on top
- Can have pointer finger of RH along side of shaft for stability

➤ **Stance** –

- Feet slightly less than shoulder width apart
- Legs relatively Straight
- Arms hanging relaxed and fully extended
- (OR) Elbows Pointed Out to create room
- Ball in MIDDLE OF THE STANCE – under eyes

➤ **Swing** – *Think like a “Grandfather Clock” – Tick/Tock*

- Putt with large muscles of shoulders/arms, not hands & wrists
- short swing - short putts, longer as distance increases
- straight back and straight through

➤ **Aim** - *“Aligning the logo” – use letters and putter line to aim*

- What do we mean by “BREAK” ??
- Aiming at the hole versus aiming at a “spot” (Aim Line)

❖ **Practice Drills**

- **3 Tee Drill** – ball at middle tee, swing back and forth same distance to front & back tee – see how far ball goes – use as benchmark
- **Putt with EYES CLOSED** - check Path of SWING and create FEEL for DISTANCE
- **3 Foot drill** – “around the world – 6 in a row from 3 feet build confidence and repetition of stroke

❖ **Introduction to Chipping**

➤ **Holding the Club**

- (same as Putter for chip shots)

➤ **Stance** – open up to see where we want to!!!

- Feet slightly less than shoulder width apart
- front foot moved slightly back from ball
 - helps open stance, shoulder and hips to see the target
- Legs relatively Straight (slight knee bend – but standing tall)
- Arms hanging relaxed yet fully extended
- Ball in back in stance to promote downward motion into impact with ball
- Hands slightly ahead of the ball (front thigh or inside of left knee)

➤ **Swing** – Just like putting - Think like a “Grandfather Clock” – Tick/Tock

- very short swing for short chips
 - keep the head of the club below the knee
- straight back and straight through
- vary swing according to shot distance
- accelerate through ball
- keep hands and clubface even with each other

➤ **3 CLUBS - 1 Swing**

- Not - 1 Club & 3 Swings

❖ **Introduction to Pitching**

- The Golf Grip – why it’s important (toe up to toe up)
 - Left hand over to promote downward approach – not lift.
- Use of the Wrists in the swing – This swing will be waist high on each side
- “HIT DOWN so BALL will GO UP!!! (TRUST the ENGINEER!)
- Practice with 9 iron, PW, SW
- Left Arm pulls club DOWN & through the shot
- Minimal Weight shift - Weight slightly more on front foot
- Feel the body move to get center of sternum moving toward the target

❖ **Practice Drills**

- 3 Club Drill – 5,7,9 (OR) 6,8,PW or SW
- Chip with EYES CLOSED to check Path of SWING and create FEEL for DISTANCE

❖ **Notes/Questions -**
