

Week 10 Long Game – Iron Shots

Today we are going to talk about an exercise to help you hit crisper iron shots. I see plenty of players struggling with their irons from the fairway. A lot of the time the player hits the ground before the ball or never makes contact with the ground at all and clips the top of the ball. Either scenario is not good and will not produce the desired shot.

The problem for a lot of us is we feel we need to "help" the ball into the air and we produce an impact position like the one in Pic. 1.

- Head back and down behind the ball
- Our weight still on our back foot
- A breakdown of the left wrist

The following exercise will help to promote the opposite, encouraging a downward strike and more solid hits. We don't need a golf ball at this stage.

Start with the address position Pic. 2

- Keep your head over the ball.
- Place the ball in the centre of your stance
- Put your hands at least in line with the ball if not a fraction ahead of it.



The position we are trying to achieve at impact is illustrated in Pic. 3. To do this we should proceed with the following.

- Turn your hips and body to the left
- Press the club head into the ground just behind the golf ball. You should be able to see a bend in the golf club shaft.
- Feel you are slightly raising your right heel
- Feel you are pressing into the ground with your left heel

Repeat that move 4 or 5 times and then try it with some abbreviated slow swings.

As in pic. 4 we should see and feel.

- Keep your head still
- Push the club back, keeping the left arm comfortably straight.
- Reduce the backswing to below waist height.

From there try to repeat the impact position from Pic. 3 and continue into an abbreviated follow through position Pic. 5.

- Keeping the head still
- Turning the body to the left
- Stretching the arms through
- Raising the right heel
- Feeling the weight move on to the left leg.



That's an exercise that we may be able to work on in the garden for 10 mins in an evening. I hope these pointers help. Get out there and try it out.

If you have any specific questions regarding this article or any other golf swing issues you can email Eddie on eddietraceypga@yahoo.com and he will endeavour to address them in future articles.

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