

## UP HILL LIES

### **Ball Flight = HIGH**

Because you will be swinging up the hill, adding loft to the club

### **Club Selection = LOWER LOFTED CLUB**

Because you want to counter the up hill lie that is adding loft to your club

### **Ball Position = CENTER / BACK**

Because you will have a harder time to transfer your weight forward. Therefore playing your ball center to back of your stance will help ensure you hit the ball sooner if your transfer is lacking. The bigger the hill, the more your transfer of weight will be challenged. Therefore you need to play the ball farther back in your stance.

### **Shoulders = TILT SHOULDERS TO MATCH THE HILL (Meaning front shoulder will be higher and back shoulder lower)**

Because tilting your shoulders will change the plane of your swing to ensure you swing with the hill and not into the hill

### **Swing Thought = SWING TOWARDS YOUR TARGET**

Because this shot is making you lean back...try your best to finish forward as much as possible

## DOWN HILL LIES

### **Ball Flight = LOW**

Because you will be swinging down the hill, decreasing the the club's loft

### **Club Selection = HIGHER LOFTED CLUB**

Because you want to counter the down hill lie that is decreasing the club's loft

### **Ball Position = CENTER / FORWARD**

Because this lie actually will help you transfer your weight forward it will be easy to move through the ball towards your target.

### **Shoulders = TILT SHOULDERS TO MATCH THE HILL (Meaning front shoulder will be lower and back shoulder higher)**

Because tilting your shoulders will change the plane of your swing to ensure you swing down the hill.

### **Swing Thought = SWING WITH YOUR HILL AND STAY DOWN IN YOUR POSTURE**

Because this shot is swinging lower than you are used to do not lift your posture up. Follow the hill down and keep your posture to ensure solid contact through the ball.

## BALL ABOVE YOUR FEET

### **Ball Flight = LEFT. AIM RIGHT**

Because the hill makes you lean back on your heels which will make you swing more to the left. The bigger the hill the harder it will be to swing towards your target. Therefore you will need to aim more to the right

### **Club Selection = GRIP DOWN ON YOUR CLUB or TAKE A SHORTER CLUB**

Because the ball is above your feet making closer to you. Taking a shorter club might make you lose your distance but it might feel more comfortable to swing because the ball is closer to you. \*\*Check out Swing Thought to go more into detail.

### **Setup = LESS BEND FROM YOUR HIPS**

Only if the hill is big enough for this.....Because the ball is closer to you, you need to stand a little taller to get farther away from your ball.

### **Ball Position = NO CHANGE Shoulders = NO CHANGE**

### **Swing Thought = SWING TOWARDS YOUR TARGET**

Because this shot is making you lean back and lose your balance ...try your best to finish forward towards the target. Shorter swings with a bigger club are always better on this trouble shot. Take a practice swing to feel what swing length keeps you balanced and choose a bigger club to not lose distance with your smaller swing.

## BALL BELOW YOUR FEET

### **Ball Flight = RIGHT AIM LEFT**

Because the hill makes you lean forward on your toes which will make you swing more to the right. The bigger the hill the harder it will be to swing towards your target. Therefore you will need to aim more to the left

### **Club Selection = LONGER CLUB**

Because the ball is below your feet making it farther from you. Taking a longer club might make you feel more comfortable so you don't feel like you have to reach for the ball. \*\*Check out Swing Thought to go more into detail.

### **Setup = BEND MORE FROM YOUR HIPS**

Because the ball is farther away from you, you need to bend from your hips to get closer to the ball. Do not bend your knees more, this will make you lean back and farther away from the ball.

### **Ball Position = NO CHANGE Shoulders = NO CHANGE**

### **Swing Thought = SWING TOWARDS YOUR TARGET**

Because this shot is making you lean forward and lose your balance and lift up...try your best to finish forward, down, and through to the target. Shorter swings with a bigger club are always better on this trouble shot. Take a practice swing to feel what swing length keeps you balanced and down. Choose a bigger club to not lose distance with your smaller swing.

