



EASY CHIPPING TECHNIQUE THE BUMP AND RUN

FREE TRAINING GUIDE

Why Play The Bump and Run?



Shot selection around the greens is of vital importance. It can be confusing, deciding whether to chip high or low, or somewhere in between. Glen tries the sand wedge first here but the golf ball catches the upslope and rolls back.



This time, the chip is played with the gap wedge. This provides enough loft to carry up onto the elevated green. However, as the ball flight is lower than with the sand wedge, the ball runs up the tier, to finish close to the pin.



No tier in this green. However, with such an expanse of green between the ball and the cup, it's difficult to judge the correct carry distance, when pitching high. Yet another scenario, that would be better approached with the bump and run chip shot.



With many different options available, Glen selects the 7-iron to execute the bump and run shot. This affords a landing point just a few feet onto the putting surface, as we expect the ball roll out somewhat. This is a safer and easier shot to play than the high pitch.

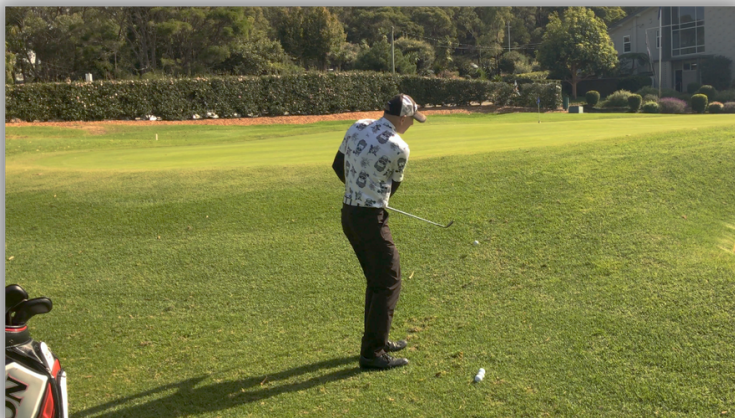
Ball Position



Many golfers move the golf ball back in the stance when attempting the chip and run golf shot. This is to reduce the loft of the club and also to assist with contact. The theory is that with the backward ball position, we have more chance of hitting the ball first.



Well, that's the theory. In reality, we occasionally strike the turf first, despite our best efforts. When we do catch the turf with this very 'forward shaft lean' and steep angle of attack, we chunk the shot!



The sharp leading edge of the wedge catches the turf and digs in. The steep angle of approach causes the clubhead to get stuck in the grass. This slows the speed of the clubhead dramatically. Grass becomes trapped between the club and the ball, further reducing energy transfer.



Actually, a simpler, more comfortable setup is going to be more effective. Setup with a narrow stance and remember the 3 Fs: Ball forward, weight forward, shaft forward. However, these 3 setup fundamentals should be employed in moderation.

An Easier Way



By keeping the golf ball slightly forward in the stance, we can chip with a shallower, sweeping action. This ensures a greater margin of area.

By brushing the turf, instead of digging into it, it's ok to catch some grass before the ball. In fact, it's inevitable!



It's important when playing the Bump n Run, that you also stand closer to the golf ball, similar to a putting setup. Apart from improving control, this setup changes the lie angle, raising the heel of the club slightly off the ground.



This 'toe down' lie angle reduces the dynamic loft of the club, promoting a lower ball flight and more roll. An added benefit, is that the club will now glide through the grass better. Chunked shots are usually the result of the heel section of the clubhead getting caught up in the turf.



The backswing and throughswing are generally of the same length. With the extra roll expected, the stroke is quite short, with the club rarely getting above waist height.

This is a simple, repeatable action, which provides a larger margin of error and greater consistency.

THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

If you love our content, have a question,
or just want to say **G'day,**

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