



**COMMITMENT TO
GOLF SHOTS**

**FREE TRAINING
GUIDE**

Chipping



With chipping, we often see a lack of commitment manifested with an overly long follow through. Clearly, quitting on any shot and having little to no follow through is a prime example of a lack of commitment. However, over-accelerating or 'lifting' a chip is also a common issue for club golfers.



We can learn much here by comparing top snooker players to pub pool players. The pub player who lacks discipline is likely to follow through wildly with the cue and might even hit the ceiling! This isn't commitment, this is a lack of control.



Good cueists follow through smoothly to a specific point and hold the cue steadily in that finish position, often for several seconds. This is the case for both soft and firm shots and is a perfect demonstration of commitment to the shot.



Great golfers do the same thing when chipping. The backswing and throughswing are invariably the same length. This promotes consistent tempo and speed control. The finish position is held, as the player watches the golf ball bounce and roll towards the cup.



Pitching



When pitching, amateurs often become stuck with an unwillingness to turn the hips and torso through towards the target. For fear of hitting the golf ball too far, the body doesn't rotate much and the hands and arms take over. Contact and distance control often suffer.



When watching elite golfers, you'll notice that once again, the backswing and throughswing are evenly matched. The biggest difference is in the amount of rotation. With the bigger muscles of the legs and torso in control, the speed of the swing is easier to control and commitment is improved.

Putting



With putting, let's focus on the aspect of green reading. We know that approximately 85% of breaking putts finish low of the cup. This high percentage demonstrates a lack of commitment to reading the putt fully. Golfers are fearful of aiming too far away from the hole, so they 'play it safe'.



To putt with excellent speed control, tempo is key once again, along with the importance of holding a stable follow through. However, speed control is also easier to judge if the full borrow of the putt is taken. By committing to a higher line, you can hole more putts and have fewer 3-putts.



Approaching



If you're like most golfers, then most of your approach shot finish short of the flag. This is often due to poor club selection. Your absolute best 5-iron shot might travel 170 yards. However, in reality, your average carry distance might only be 150 yards. So, if you're expecting your best shot all of the time, then you will often finish short.



That's not good course management. Bunkers and other hazards are invariably located near the front of greens, ready to catch out the non-committal golfer. Most of the time, you're much better off choosing a club that will hit the ball past the flag. Of course, if the flag is towards the back, you should be aware of any dangers over the green.

Driving



Excess tension and effort are also forms of a lack of commitment. This can affect your driving of the golf ball adversely, costing you distance and accuracy. Ideally, your swing should feel more like a practice swing, free and fast. A really effective drill is to hit a tee peg with a golf club. Don't just swing lazily though, swing fast and attempt to break the tee.



If you can swing as freely when hitting the golf ball, as you do when hitting a tee, then you're well on your way to achieving your golfing goals. You'll gain more control over the club, strike the ball more cleanly and drive the ball further. Once again, a controlled and balanced finish should be your goal to improve your commitment levels.



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.

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or just want to say **G'day,**

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