



HITTING OUT OF HEAVY ROUGH

GOLF TRAINING GUIDE

Hit It, Find It!



If you hit a shot into the thick rough, the first thing you need to do is watch the golf ball to see where it finishes. Too many golfers turn their heads away in disgust and don't watch to see where the ball goes. There's no need to turn 1 dropped shot into 2 or more with lost golf balls!



Mark where the ball entered the long grass. Assess its location relative to the fairway. Stay focused and confident, understanding that finding your ball and navigating rough is part of the challenge of golf. Playing from heavy rough requires mental preparation. Acceptance is key.



Acknowledge the situation and mentally prepare for the challenge ahead. Embrace the fact that golf is as much about recovering from tough lies, as it is about executing perfect shots. Stay focused and confident, understanding that overcoming a challenge like this is part of the game.



Once you've mentally prepared, assess the lie of the ball. Consider the thickness of the grass and how it might affect your shot. Accept that you might need to reevaluate your target for your next shot. From such a tough lie, you probably won't be able to reach the green.



Club Selection



Smart club selection is paramount when faced with a shot from heavy rough. Be realistic about what you can achieve.

If you attempt to blast out of the rough with a long-iron or even a mid-iron, you'll be forced to move your clubhead through several inches of grass before making contact with the golf ball.



Instead, opt for a higher lofted club, such as a 9-iron or even a wedge from the thickest rough. The short iron is more effective at cutting through the grass and helping you get the ball airborne. The ball needs some backspin imparted upon it to stay in the air. However, the grass between the club and ball is going to reduce that friction.



Adjust your setup to accommodate the rough. Play the ball back in your stance to ensure a steeper angle of attack, reducing the amount of grass you need to cut through.

With the extra loft, you can make better contact with the golf ball. Quite often, you can hit a short-iron further than a mid-iron from these lies.



Closing the clubface slightly minimizes the bounce of your club. This helps the club get down to the bottom of the golf ball, much like playing from a buried lie in a bunker.

Your ball will come out hot, likely with a draw and will bounce and roll upon landing.



Swing Technique



Executing the shot from heavy rough demands a specific technique. With your ball towards your back foot in your setup, you can steepen your angle of attack into the shot.

Practice swings can help you gauge the thickness of the grass and refine your setup.



Hinge the club up with your wrists, in preparation for a steep angle of attack, thereby minimizing grass interference.

You should still pivot and transfer pressure to your back foot, like you would with a normal shot from the fairway.



Shift forward and focus on hitting down on the ball, rather than trying to lift it out of the rough. This allows the club's loft to work for you, helping the ball to launch forward and generating at least some amount of back spin.

You need to hit this shot very firmly to escape from the heavy rough.



The ball's reaction will differ from shots off the fairway. Expect less backspin due to the grass's interference, leading to a lower trajectory and more roll. The long grass can wrap around the hosel and close your clubface, so allow for this possibility by aiming to the open side.

Prioritise getting back into play over chasing birdies.



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