



UNEVEN LIES

ON COURSE TRAINING GUIDE

Ball Above Feet



When the golf ball is above the feet on a sloping lie, the clubface effectively closes as the club is tilted up. This 'closing' effect of the clubface increases on steeper slopes and is especially evident when playing with more lofted clubs.



Another factor promoting a draw to the shot, is the flattening of the swing plane. With the ball above the feet, it is closer to the player. Therefore, it is vital to setup further away from the ball. This straightens the posture and shallows the plane.

Ball Above Feet



Some golfers like to hold down the grip on this slope. This makes sense for the longer irons and woods. However, ‘choking down’ on the shorter irons and wedges tilts the toe of the club down, as the lie angle is effectively flattened.



Depending upon the severity of the slope and the amount of loft played, the shot needs to be played to the right of the target (for a right-handed golfer). With the closed clubface, the ball will curve in the air and spin left upon landing.

Downhill



The biggest challenge when playing a shot from a downhill lie is to strike the ball, then the turf. The natural instinct is to try to help the ball up in the air. The swing arc bottoms out too early, causing a fat or thin strike.



For this reason, it's important to be realistic when choosing which club to play. Expect the golf ball to fly much lower than normal from a downhill slope. Select more loft to ensure that the shot gets airborne.

Downhill



To ensure good contact, setup with more forward tilt of the spine. This adjusts the arc of the swing, so that the clubhead can hit the turf after the ball instead of before. The ball position should be more centred, with the shaft forward.



Balance is often compromised on these uneven lies and that's perfectly fine. The weight still needs to move forward, towards the target. This might mean taking a step forward, following the shot. Expect the ball to run more along the ground.

Uphill



For the uphill lie, it makes sense to tilt the spine backwards, to match the swing arc to the slope. This setup causes the golf ball to fly very high, so is ideal for the longer irons and woods. However, short irons and wedges would fly extremely high!



It is very difficult to shift the weight forward, towards the target, when playing from the uphill lie. Many elite players will actually slide their lead leg out of the way, so that they can still extend the leg and rotate the lower half through.

Uphill



For the more powerful hitters, consider not tilting the body back for wedge shots. To keep the flight down to a more manageable trajectory, setup normally and focus on ensuring ball first contact. Expect to take a large divot.



Because of the uphill lie, backspin is increased to the point where the ball might actually back up on the green. Expect to lose some distance too. Take a club with stronger loft. On steeper slopes, you can even go to 2 clubs extra. (lower)

Ball Below Feet



So, if a right-handed golfer needs to aim to the right, when the ball is above the feet, does he/she need to aim left when the ball is below the feet? Not necessarily. Earlier, the club closed as it was tilted. However, any tilting of the club from this lie is minimal, due to the uncomfortable nature of the setup.



Instead, many golfers lose their balance towards their toes when playing from this very challenging lie. The swing path is often across the target line and depending upon the individual, the golf ball might actually be 'pulled' to the left!

Ball Below Feet



Setup to the ball a little lower. Make sure the knees are flexed and with plenty of forward tilt of the body. As with all of these uneven lies, the primary goal is to make solid contact with the golf ball.



Each golfer needs to experiment with this shot to find out the typical effect of the slope on the direction of the ball. For Glen, he aims directly at the target, without expecting any undue deviation to the expected ball flight.

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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