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Loft shot in golf

Many novice golfers mistakenly try to lift the ball into the air during their swing. More often than not this is simple because they don't understand that you actually have to hit down on the ball to get it in the air. Each golf club has a certain amount of loft, which helps to keep the ball in the air. Loft is the corner from the front edge of the club to the top edge. The loft at each club gets the ball in the air when you knock down on the ball. To hit well on the ball a golfer needs a good setup, wrist hinge and weight shift. Learn these foundations and you will have no trouble launching the ball into the air. Step 1Set up to the ball with a shoulder-width position and your weight evenly distributed between the left and right foot. Place the ball 3 to 4 inches into your left heel (for right-handed golfers) for all full-swing iron shots. Place the ball in the middle of your posture for shorter iron shots, such as a chip or pitch. Step 2Swing the club back with your shoulders and hinge your wrists up as the club swings back. Twist your hips and allow most of your weight to shift to the inside of your right foot as you swing back. Put your back when your left shoulder is under your chin. At the top of your backswing you need to have a 90 degree angle from the club shaft to your left arm. Step 3Swing the club down by turning your hips toward the goal. Shift your weight to your left foot as you turn your hips towards the target. Keep your wrist hinged until just before impact. This will give you the right angle of attack to touch down and through the ball. Step 4Hit down on the ball and make a small divot after contact. Keep turning your hips toward the target and refresh your weight to your left foot. Finish with almost all your weight on your left foot and your hips turned to the target. Because your driver face has the least degrees of loft, your drive off the tee can often be the flattest shot in your bag. But you can add more loft to your tee shots using some positioning, body movement and swing techniques. Adding loft will allow you to carry your shot with the wind, clear higher obstacles and land the ball softer on fast fairways. Step 1 Place the ball just outside your forefoot in front of your posture (left foot for right-handed players). This will allow you to hit the ball as your swing is ascending, creating more loft on the shot. Step 2Tee the ball as high as you are comfortable. The legal limit for tee length is 4 inches. Step 3Hinge your wrists as soon as you put the club back on your back and raise your wrist hinge over your normal swing. This will be a bigger snap with your wrists as you get the ball, which will propel the ball higher into the air. Step 4 Take your club further back than you Swing. Making a longer, loopier swing will provide a wider angle when contact, contact, the ball higher. Step 5 The loft on a golf club is designed for specific reasons. Some are lower lofts to hit the ball far and others are higher to help control your shot on the pin. This is a known fact and yet many players grab a lofted club (like a wedge) and change their attitude and grip to de-loft the face. I have to admit that early in my career, I felt it was the right thing to do, but now it just seems crazy! It makes no sense to use a 56 degree sand wedge and switch to loft to make it is now a 7 iron. Why not just use a 7 iron? Generally, players have a huge forward press because they chip with just one club and adjust their hands to meet their needs. This is folly, and I don't recommend it. I realize it's some exercise to hit different clubs, but it really makes the most sense because we'd be using the same swing (which is durable and repeatable), but with different results if we just changed clubs. Interestingly, many amateurs make this adjustment only with their short, scoring clubs. I can't imagine forcing my hands forward with my woods or long irons, my ball would end up in the woods to the right. So, I wonder where the convention of a massive forward press came from when chipping or pitching? It is an urban legend that most players unmask, but it takes time and frustration to achieve. In the visual infographic I would use a different club for each shot. Considering all the conditions remained identical and it was a straightforward shot no dangers from the fairway: I would use 7-iron for the short chip, PW for the medium shot, and a hole or sand wedge for the long chip. This may seem opposite to what you would normally use (longer irons for the longer shot), but it works for my game. However, from long grass or over hazards, I would select several lofted clubs to meet the needs of the shot. There is no standard answer. Moving forward, I suggest that instead of moving your hands forward to change how the ball reacts from your club, to change your club and keep the exact same swing during all shots. It is durable, repeatable and the most consistent way to score. Do you push through and loft your club? I'm a grateful golfer! See you on the links! Loft in the short game is almost all produced by one factor: where on the ball the club makes contact. The closer you hit the bottom of the ball -- reached by raising the loft on the bat face -- the higher the ball will go. You extra loft on a sand wedge by doing one of two things at address: opening the face or reducing the of the club. Open the face at least a little on all pitch shots because that limits the exposure of the club's lead to the ground, reducing the possibility that the club will dig and catch the ball fat. With an open face, the ball will fly higher, but there is a trade-off: The more you open The smaller the effective size of the club face - and the more you lead with the shaft-producing hosel, as you see in the photo above. The other way to add loft is to lower the grip end on the address. This increases loft in much the same way as opening the face. The best example of this is on bunker shots, where a wider posture promotes a lower than standard hand position. One misconception to forget on all pitch shots is that opening the face (or lowering the hands) makes the ball fly to the right. Hit the lower part of the ball, and it will go straight - and high. HANK HANEY, a Golf Digest Teaching Professional, runs the Hank Haney International Junior Golf Academy, in Hilton Head Island. BLOWOUTS COMPARE Everyone wants to compare Rory McIlroy's eight-shot victory at the U.S. Open to Tiger's 15-shot victory at Pebble Beach in the 2000 U.S. Open. There is almost no comparison in my mind. What Tiger did was on another level. He broke the record for winning margin in a major by two strokes, had the biggest leads ever in a U.S. Open after 36 and 54 holes, and had no three-putt. Rory's big win showed how impressive Tiger's victory was. Rory was clearly the best player in the field and finished 16 under compared to Tiger's 12 under, but Rory was one of 20 players under par at the Convention; Tiger was the only player in red at an extremely difficult Pebble Beach. The Masters might be reminiscent of azaleas in bloom, Amen Corner or the green jacket, but it makes me think about hitting sky-high iron shots. That's the only way to get the ball close to some of the pins at Augusta, especially if you're a 6-iron or longer in the green. The higher flying of the ball makes my full-swing more predictable and gets the ball to stop faster - two key control factors. That really helped me to win the Farmers Insurance Open in February. Torrey's greens were so sturdy, I had to drop my irons in it gently. There are several things you do at address and during the swing to create a higher trajectory. And the great thing is, you choose the adjustments that work best with your current swing. Start with this: Visualize the shot. If you're thinking about hitting it higher and looking up to address how high you want the ball to go, you'll often subconsciously adjust by tipping back, putting more weight on your back foot, and so on. Read below for other ways to launch your iron photos. Raising the loft of the club face on impact will certainly increase the height of the shot. But how you do that can affect your shot shape, so adjustments are needed. Try these two ways to add loft: Set your club face so that it points slightly to your right of your target at address. From there, resist the urge to square the face at the impact. Note: An open face promotes a left-to-right shot for right-handed golfers, so you may want to adjust your goal or swing path It's easier to add height to a fade than to a draw, so I want to open the face and swing on a path to the left of my goal. 2. Put your hands above the position of the ball, not pushed forward, at the collision. It can help to put the clubhaft in a vertical position at address- right up and down. Good players often lean the shaft toward the goal to compress iron shots. They can still hit it high because they have a lot of clubhead speed, but most amateurs need to hit the shaft more neutral to reach a higher trajectory. I wouldn't recommend you to swing wildly fast, but you have to make an aggressive move by impact to increase backspin, which makes the ball fly higher. Make these two adjustments to increase your speed: 1. Keep your body running through the shot. The club moves fastest when it is propelled by your arms and body spinning together. You don't create power for a higher flight if you're all poor. Worse, if your body stops spinning by, your arms will whip past you and flip the clubface shut. That's a low hook. 2. Swing your hands high to the finish line (right). Swinging the club up and over your lead shoulder not only creates speed through the shot, it promotes a higher launch. Don't rush to make this high-hand finish. If you set as I've described- a bit more on your back foot, with the ball forward - you're pre-setting a high finish. Then just make a level strike with a lot of speed, and you launch it into the air and parachute it onto the green. * Jason Day, 27, won the 2015 PGA Championship. Championship.

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