

STERLING FARMS GOLF ACADEMY

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SOLID CONTACT!

What gets the ball up in the air?

The answer we hear the most: Get under it!

It's the first most fundamental element of playing the game, yet probably the most misunderstood concept. No matter how you grip the club, where you stand, or how perfect the top of your backswing looks, if you're trying to **get under the ball**, you will continue to struggle with miss hit (heavy/ thin) shots. Where the club hits the ground would be called the **low point** of the swing. To hit that really pure shot, the **club hits the ball first, then the ground**. The best players in the world all have in common their ability to control the low point, or bottom of their swings.

What to do:

(Assuming right handed golfer, using any iron or wedge)

Step 1: Setup with pressure on the big toe of your left foot, weight forward towards the target.

Step 2: Make a few practice swings striking the ground on the way through.

Step 3: Hit the ball first, and then the ground with the center of the clubface!

Pretty quickly, you should start to get the proper feeling for a pure shot. More importantly, you have an understanding of how to produce that pure shot again and again, avoiding those miss hits.



Attached is a picture of an expert player demonstrating low point control of **hitting the ball first** (where the white line is) and the **ground second**, where the divots are!

Each piece of information that follows is going to help improve this first fundamental. We will continue to add detail on how to effectively go about controlling the low point, making pure contact!