



Why Do I Mis-hit on Downhill Lies?

Find out with this self-test—and be your own guru!

1 Is it my setup?

Weekend players rarely adjust their stance on sloping lies. Without the right moves, your swing will bottom out before the ball—and you'll catch the shot fat.



HOW TO CHECK

On a downhill lie, peg a tee into the ground and lay a ball next to it. Hit the shot. If your divot starts behind the tee, your setup doesn't match the slope.



FIX NO. 1

Tilt your left shoulder down so that your shoulders run parallel to the slope. When you swing, keep your weight forward by planting your left foot. That repositions the bottom of your swing for pure contact.

2 Is it my swing?

If you tend to catch the ball thin on downhill lies, then yes, it's your swing. The problem? You flip your wrists through impact in an attempt to "lift" the ball into the air.



HOW TO CHECK

Place your bag (standing up) 10 feet in front of the ball on your line. Hit five shots with a 7-iron. If just one ball hits the bag, it's your swing, not the slope.



FIX NO. 2

Play the ball in the center of your stance, then shift your sternum slightly ahead of the ball. Use "dead" wrists through impact, and keep the club low to the ground in your release.

3 Is it my trajectory?

You hit these shots about as solidly as you can, and you usually reach the green, but your ball tends to roll all the way off the back edge. What gives?

HOW TO CHECK

No check needed—except for your head! If you consistently run through the green, then your club selection is way off.



FIX NO. 3

Depending on the severity of the slope, drop down at least one club. If you often catch shots from downhill lies a little thin, drop down two clubs and let the extra roll be your friend.