

LESSON

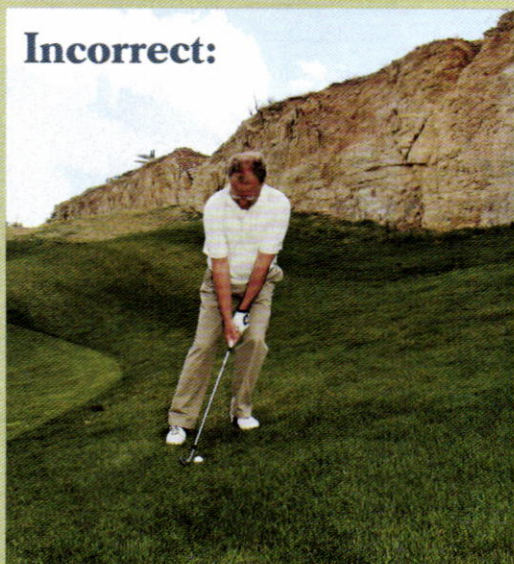
Dealing with Golf's Ups & Downs

How to take the chunk out of uphill and downhill lies. By Steve Patterson

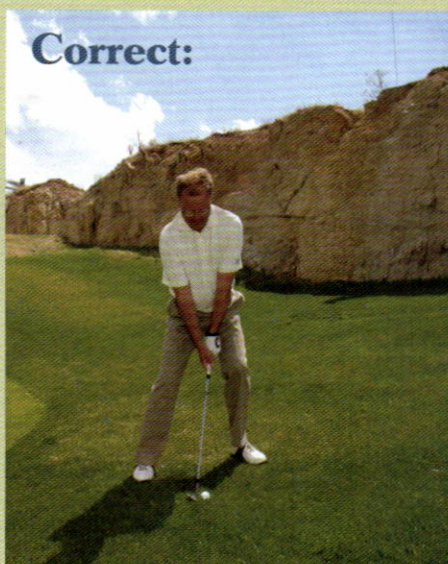
AT GOLDEN'S AWARD-WINNING FOSSIL TRACE GOLF CLUB, YOU'RE GUARANTEED 18 LEVEL LIES—THOSE OFF THE TEE. A good portion of the remaining shots will test your ability to hit from both uphill and downhill lies, thanks to heaving fairways and greens set within bowl-type terrains. Shots from uneven lies can be intimidating, but understanding how to modify your setup will help make your results more reliable.

UPHILL LIES

Try not to lean forward into the slope, which will result in a steep downswing and poor contact.



Allow your weight to remain in balance between both feet. When you set up to the ball, try and set the angle of your shoulders to the angle of the slope so your shoulder line is parallel to the hill. Also, play the ball slightly forward of your normal position. Make a balanced swing, allowing it to follow the slope in a sweeping motion.

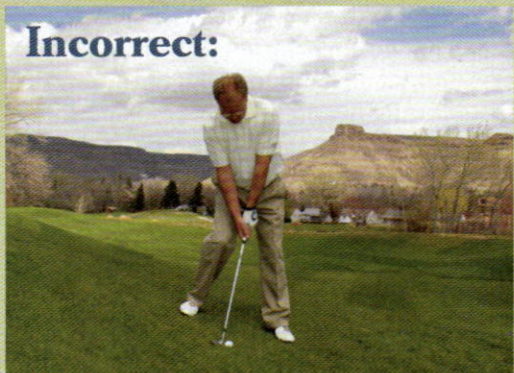


The keys for uphill lies:

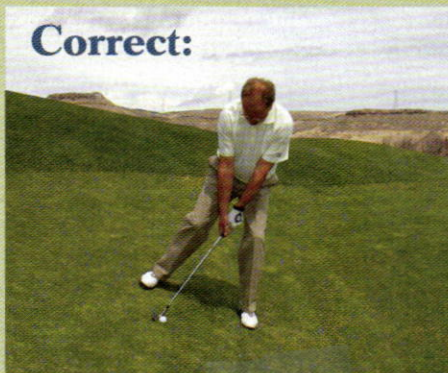
- Shoulders match the slope
- Ball forward in your stance
- Grip down on the club slightly for control.
- Swing with the slope and take a smooth, balanced swing.

DOWNHILL LIES

When matching your shoulders to the slope your weight distribution will heavily favor the front (left) leg. If you lean back into the slope for balance your club will have the tendency to bottom out behind the golf ball.



Take a little wider stance for stability and play the ball a slightly back in your stance to encourage ball-first contact. Ball-first contact is key. As with the uphill lies, take a smooth, balanced swing. Your weight will stay more on your left side during the swing.



The keys for downhill lies:

- Shoulders match the slope
- Ball back in your stance
- Swing with the slope
- Smooth, balanced swing

As with uphill lies, try to match the angle of your shoulders to the slope of the hill and swing with the slope.

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