



The Low Trajectory, High Spin Wedge Shot

How many times have we seen a tour pro hit that low trajectory, high spinning wedge into a green and think to ourselves, "Wow, it would be so much better if I had that shot in my bag?"

Today is your first lesson in how to hit the low spinning bullet. We are going to break this shot down into four simple parts:

1. Your set-up
2. The backswing
3. How to use your chest and arms in the swing
4. What happens to your hands at impact and the follow-through.

Step 1: The set-up is important when trying to execute this shot. With your feet close together and a slight bit of forward shaft lean, start with your weight evenly distributed on both feet, then transfer more weight to your front foot at the start of the backswing..

Step 2: Let's imagine you have a 50-yard little pitch shot into the green. Your first

thought is to slow the swing down and swing softer, but that's not the best strategy in this situation. First, you need to have a premium golf ball and either a new set of wedges or at least very clean grooves to help produce the maximum amount of spin. Newer wedges have a ton of spin built into them. Let's start with a shorter backswing than you might expect to execute the low spinning shot. This allows you to be more aggressive through impact, creating more speed and spin.

Step 3: Your chest is the engine and creates the speed for this shot. Wherever your chest goes, your arms and hands need to follow. Allowing your chest to be the vessel of speed is how you achieve the crisp contact you need to produce the ample amount of spin needed to get that golf ball to land and check up immediately.

Step 4: Now come the hands and what they do at impact. We have all heard

the term dynamic loft. If not, here is a simple way of looking at it. Dynamic loft is the amount of loft on the clubface at impact and is measured relative to the horizon. If we want to hit this shot low, we need to keep our lead wrist flexed as much as possible at impact with very little wrist bend to decrease the dynamic loft.

The most important rule of thumb is to practice this shot over and over so that by the time you're faced with it under an actual playing condition you'll have the confidence to not only pull it off successfully, but understand where you need to land the ball in order to get closest to the hole.

I hope you find these tips helpful. Contact your local PGA professional or let us know how we can help. To reach Arrowhead Golf Club, please call (630) 653-5800.

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