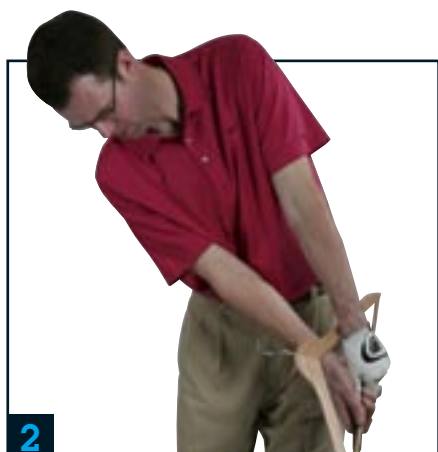


Cure the yips

Are you fed up of chunking your chip shots a foot or less? There are plenty of objects around the house you can use to learn to take the hands out of the action says Ian Clark.

There's nothing more humiliating than flubbing a greenside chip. The main reason golfers struggle to hit their chips crisply is because they let their hands interfere with the action. If the hands flick underneath the ball to try and help it up into the air the club gets cast into the ground too early behind the ball and you hit the turf not the ball.

The only way to chip effectively is to take your hands out of the action and swing the club back and forth with very little wrist hinge. There are many ways of practising this compact chipping action and most importantly there are many training aids you can use. I've found three simple objects around the house that can help.



2 Don't let the hanger hinge

To take your hands out of the chipping action try gripping the straight edge of a hanger and practise swinging it back and forth without hinging the wrists.



3 Brush the broom through

The hands must lead through towards the target to keep your club square. Grip at the bottom of a broomstick and swing through, keeping the handle straight.

1

Miss the mag

The first thing you need to learn is how to hit down into the back of the ball catching it cleanly before the turf. The best way to train this steep angle of attack is to pop an object in the way just behind the ball that you have to miss. You can use anything, but I've grabbed a copy of TG here. The aim is to let the club approach the ball from a steep angle, miss the magazine and strike into the back of the base of the ball.

