



Otis Goodwin keeps his weight on his heels and tilts his shoulders with the slope since the ball is below his feet.

Leveling the Playing Field

We practice golf on perfectly level lies but we rarely get a level lie on the course because of sloped terrain. The question of why you can't take your range swing to the golf course can be answered very simply — you are not familiar with the shots you face on the course.

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Uneven lies are challenging for players of all levels. The most common uneven lies are uphill, downhill, ball above your feet and ball below your feet. An uphill lie is when your forward foot is above your back foot, while on a downhill slope the back foot is above the forward foot.

Two KEY principles apply to every shot:

- 1 Tilt your shoulders on the same angle as the slope
- 2 Swing at a pace that allows you to maintain good tempo and rhythm to prevent losing your balance during the swing

Use the following tips to help prepare for success the next time you find yourself with an uneven lie.

DOWNHILL

1. Take one less club. Downhill lies reduce the loft of the club allowing you to hit the ball lower and farther than usual.

2. The ball will tend to fade (left to right) so adjust your alignment.

3. Play the ball farther back in your stance — the steeper the lie, the farther you may need to move it back.

UPHILL

1. Take one more club. Uphill lies increase the loft of the club allowing you to hit the ball higher and shorter than normal.

2. The ball will tend to draw (right to left) so adjust your alignment.

3. Play the ball farther up in your stance.

BALL ABOVE FEET

1. Grip down on the club to compensate for the ball being closer to you than it would be from a level lie.

2. Take one less club.

3. The ball will tend to draw so adjust your alignment.

4. Play the ball in the middle of your stance.

BALL BELOW FEET

1. Keep your weight on the heels and maintain knee flex throughout the swing.

2. Make sure your weight does not get out on your toes.

3. The ball will tend to fade so adjust your alignment.

4. Play the ball in the middle of your stance

5. Your follow through will be more restricted than usual because your set up will restrict rotation through the ball.

When going through your normal practice routine make sure to work on different shots. Practicing on uneven lies will allow you to execute various shots while playing on the course. 🏌️