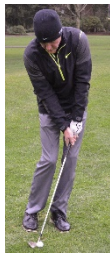


“Chip Don’t Flip”

This phrase was coined by my seven year old son, Jacob. One day he asked me to teach him how to chip. As soon as we started I realized he suffered from the number one issue most players do. He was all hands and arms. There was virtually no shoulder turn. The biggest problem with this is the hands and arms are “fast twitch” muscle groups. This technique leads to the same thing that Tiger Woods battled earlier this year...the yips!

The yips are caused when a player flinches right before or at the moment of impact equaling a chunked or skulled shot. This phenomenon can only occur with fast twitch muscles. The way to overcome this problem is to focus on “slow twitch” muscles such as your shoulders. The two things that are consistent when watching players with great short games is that there is almost no breakdown in the wrists and the lower body stays extremely still.

Solution: If you draw a line across the shoulders and down the arms you will see it forms an upside down triangle. The key is to keep this triangle intact by turn the shoulders back and thru just as you do in your full swing. Your hands should remain in front of the club face as you work thru impact. We all get nervous or anxious from time to time over certain shots. I have found the best way to avoid a yip to try to keep the hands as relaxed as possible. This swing thought will take your mind off your hands (fast twitch) and help you focus on your shoulders (slow twitch).



Address



Backswing



Follow Thru

(Notice in the pictures that the triangle set at address is the same on the backswing as it is on the follow thru and the lower body stays quiet)

People are astonished to learn that the PGA Tour Professionals only averages 12 greens in regulation per round. That is only 2 out of 3 greens or 66%. The way they are able to still shoot a subpar round is because they have phenomenal short games. Being solid in this area of your game allows you save rounds when your ball striking isn’t stellar and helps you go low when it is. For help with improving the most impactful area of your game and becoming the envy of your regular foursome please visit:

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