

# Set Up for Success

Given the mountainous topography in the Northwest, we are often faced with uneven lies. I find that most students see an uphill lie as a welcomed sight. The main reason is they are able to get the ball into the air much easier. The downhill lie on the other hand tends to be the one they struggle with. The two main issues are ball flight and contact. I am often asked in a playing lesson how to hit this shot. The key is to “Set Up for Success”.

There are 4 main adjustments that you need to make when you address the ball:

1. **Take More Loft:** Since the ball will come off with a lower trajectory you need to select a club with more loft. For example, if the distance would normally call for a 7 iron should go with an 8 iron.
2. **Move the Ball Back in the Stance:** Regardless of the club you should place the ball in the center or even slightly behind the center of the stance. This will help to ensure that you make contact with the ball first.
3. **Shift Your Weight to the Downhill Leg:** You should place approximately 75% of your weight to your downhill leg.
4. **Align Your Shoulders with the Slope:** You need to make sure that your shoulders line up the severity of the slope.



Correct



Incorrect

Now that you are “Set Up for Success” here are the main element to ensure that you make solid contact by striking the ball first. You need to keep your weight on the downhill leg and swing down the slope. All too often I see players try to help the ball into the air by shifting their weight backwards and try to elevate the ball into the air. This leads to thin contact or even topping the ball. You need to accept that the ball will fly lower. Solid contact leads to more spin.



Correct



Incorrect

For help with learning how to “Set Up for Success” or any other area of your game please visit [www.brianflugstad.com](http://www.brianflugstad.com) to book your next lesson!