

How Do I Hit This Thing Called A Hybrid?

According to Webster's Dictionary, the definition of a hybrid is...something that is formed by combining two or more things. In today's game of golf, hybrids have become the norm. I am frequently asked are they woods or irons and how do I swing them? The answer is simple...hybrids are a combination of a long iron and a fairway wood but should be hit like an iron.

Long irons, such as 5-4-3 irons have a central center of gravity (close to the middle of the club face) and narrow sole. These clubs are designed for players with high swing speeds. Hybrids are designed to resemble that more of a wood. The weight is shifted back in the club to help players get the ball air born. The face is rounded to maximize off center hits. The sole of the club is cut backwards from the leading edge of the face to the back of the club to assist in helping it cut through the rough.

The first question I get is "when should I switch from long irons to hybrids". Here is my general rule of thumb:

0-9 Handicap: Wedges-4 Iron

10-18 Handicap: Wedges-5 Iron

18+ Handicap: Wedges-6 Iron

The next question I get is, "How do I hit a hybrid?" The answer is simple...hit a hybrid like you would a long iron. What is the difference? Here is the answer:

Set-up:

1. Ball is positioned where a long iron would be...1 ball in front of center of stance
2. Hands are slightly in front of the ball like an iron vs a wood where the hand are even with the ball

In the picture "A" you can see that the ball is too far forward and the hands are behind the ball. In picture "B" look how the ball is slightly back and the hands are ahead of the ball.



A



B

Swing

The biggest mistake I see is players trying to hit a hybrid like a fairway wood. They play the ball too far forward in their stance, just inside the lead heel and have their hands behind the ball. Then they try to sweep the ball versus hit down on it. This tends to produce either thin shots or topping the ball. Just like and iron, we want to compress the ball with slightly descending blow keeping the shaft leaning towards the target. You will know that you have accomplished this if you are taking a shallow divot!

If you are stuck between long irons and hybrids please visit www.brianflugstad.com and we will help you learn how to maximize your long game!