

555 GOLF TIPS

'WHERE PASSION MEETS PERFORMANCE'

BACK SPIN

You see it on T.V. all the time ... the pro's spinning back their pitch shots. In this article I am going to explain some things you must do to accomplish this too.

BUT... your '555 Team' wants to emphatically tell you that the perfect shot to the green is the 'One Hop Stopper' ... the ball that is dead tight. Backing it up, strong reverse gear, or releasing big are NOT net advantages ... just more tension creating 'Variables'! Learn to hit your balls 'On Length'. This is a learnable skill, well worth the investment! (see 'The 555 Short Game Grid' – 'Body Clocking') How would you like to strike a 65 yard approach shot to 64 to 66 yards, seven out of ten times? Think it would enhance your pocket money and your pride! How about your reputation at the club?

If you are consistently leaving your pitch shots short of the hole, why on earth would you want to learn how to backspin your pitch shots, especially if your greens slope back to front, which they often do? How often do you see a 'Pro's Pitch Mark' at three feet and his ball at 20? Why?

If you have a green that is running away from you, front to back, God forbid, then you might want to apply a little prudent 'Back Spin', but not otherwise!

Learning to backspin your pitch shots is only going to be of any benefit to you if you get your shots up to or past the hole and they release too far. So assuming that you do this, I am going to explain how to backspin your pitch shots.

The first thing you need to look at if you want to put backspin on your pitch shots is your '**Equipment**'. If you have new clubs that obviously have sharp, fresh grooves then it will be a big advantage over clubs with worn out grooves.

Also, if you are using a ball that has been designed to increase feel around the greens (softer), compared with a ball that has been designed to go as far as possible (harder), then you will be likely to stop the 'Under-Spin or Bite Ball' more quickly on the greens.

So, from an equipment stand-point, you need sharp, clean grooves on your clubs along with a ball that will encourage you to spin the ball.

Now let us look at your '**Swing Mechanics**' to see what is needed to spin the ball.

The first and most important aspect of your swing that is needed to spin the ball is that you 'Contact The Ball First', with a descending blow and then to impact the ground with that 'Descending Angle Of Attack'. (see 'Divot After Ball')

You absolutely must come down steeply into the ball and hit the ball first. To do this, make sure the ball is positioned approximately in the middle of your stance, or even a little farther 'Aft'. Feel that you are trying to drive the ball down into the ground. Your '555 Team' calls this action

‘Pinching The Ball Off the Ground’. It is certainly a prominent ‘Down Out Forward and Through’ procedure. (see ‘DOFT’) Remember, there is no ‘Up In A Golf Swing’!

You could have all of these aspects in place and still not have much backspin on the ball when it hits the green. One of the most important aspects needed for ‘Spin Control’ is the ‘Lie’.

If your ball is sitting on a closely mown fairway, versus in thick rough, then the ball from the closely mown fairway is going to spin far more than the shot from the rough. The reason for this differential is because, with the closely mown fairway shot, there is nothing between the ball and the clubface to prevent spin. When you are playing out of thick rough the grass gets between the clubface and ball, greatly reducing the spin. The ‘Detritus’ fills in the face grooves and reduces their ‘Cutting Action’ on the ball. Keep ALL your clubfaces clean! You would not want to eat with dirty utensils, would you?

The final element as to whether you can get a lot of backspin or not, is the green you are hitting into ... receptive or not? What that means is that they are not so hard that the ball has no chance of stopping (‘Parking Lot Hard’), and they are not so soft that the ball will just plug where it lands. (‘Diaper Soft’) You also need to understand that the greens the pro's play on are generally quite a bit quicker than the greens you will be playing on (see ‘Stimp 12 or 14’), along with also often having more slopes and breaks. If a ball for a pro has backspin and catches a slope then it may tend to keep on going. Beneficial or not? You will know!

If you want backspin with your pitch shots, then you should do the following ...

- a) Have clubs with sharp, fresh grooves
- b) Use golf balls that are designed to improve feel around the greens, versus balls that are designed to go as far as possible
- c) Position the ball further back in your stance so that you hit down sharply on the ball
- d) Hit the ball first and then take a divot (see ‘AOA’)

You need to understand that how much a ball spin depends on ...

- a) The ‘Lie’
- b) The Receptiveness or Softness of the greens
- c) The Wind Direction
- d) The Green’s Texture
- e) The specific Speed and Slope of the greens

Hope this helps you play better!

Well done!

“Welcome Aboard!”
“Enjoy The Ride!”

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