

# STROKE SAVER

BY TODD SONES

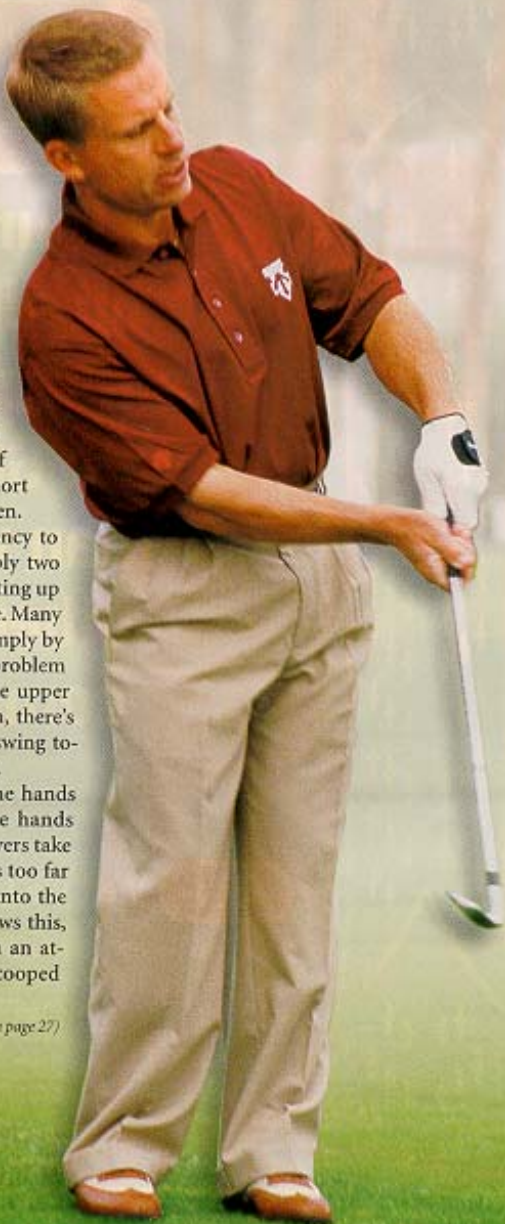
## BUMP & RUN

The most common mistake players make on bump-and-run shots off the green is swinging up at impact in an attempt to "scoop" the ball off the turf. This type of swing can cause a player to leave the shot short or, worse yet, scull the ball across the green.

The reason why players have the tendency to scoop the ball is that they incorrectly apply two valid address fundamentals. The first is setting up with the weight distributed over the left side. Many players set their weight on their left side simply by moving their hips toward the target. The problem with this setup is that it usually forces the upper body to tilt backwards. From this position, there's too great an opportunity for the club to swing toward the sky and scoop the ball at impact.

The other setup error is positioning the hands too far forward in the stance. While the hands should be set in front of the ball, many players take this advice to the extreme. With the hands too far forward, the chances of the club digging into the turf increase. Your body instinctively knows this, and will often pull away from the shot in an attempt to free the club through impact. Scooped and sculled shots are the typical result.

*(Cont'd on page 27)*



**wrong** Setup errors can force players to either chuck or scull bump-and-run shots.

## STROKE SAVER

(Cont'd from page 22)

To successfully set up for the bump-and-run, move your weight to your left side by leaning toward the target with your upper body, not the lower. Your left shoulder should be positioned slightly lower than your right. Your upper body position dictates where you position your hands. If you've set your weight properly and positioned your shoulders correctly, your hands will naturally fall farther ahead in your stance without your having to unnaturally push them forward to play the shot.

The motion for the bump-and-run is simple. Swing the club in a pendulum fashion using your arms and keep your hands quiet and wrists firm. Your weight should remain fixed over your left side for the duration of the swing.

If you apply these fundamentals, you'll find the majority of your short chips traveling dead-on target and rolling up close to the hole.

■ *PGA teaching professional Todd Sones is regarded as one of the top 100 instructors in America. He owns and operates the Todd Sones Impact Golf Center in Vernon Hills, Ill., and is the director of instruction at Ironwood Country Club in Indian Wells, Calif.*



### right

With proper fundamentals, the bump-and-run swing is simple: A pendulum motion using the arms and hands.

