



Comprehensive Short-Game Reference Guide

| | Typical Club(s) | Setup & Ball Position | Weight Distribution | Swing Length / Arc | Contact Focus | Typical Launch & Spin Goals | Primary Uses |
|-----------------------|------------------------|---|--|--|--|--|--|
| Bump & Run | 7-iron → 9-iron | <ul style="list-style-type: none"> Narrow stance (feet ~shoulder-width) Ball slightly back of center ($\approx \frac{1}{2}$" behind) | <ul style="list-style-type: none"> 60% front-foot Hips slightly open to target | <ul style="list-style-type: none"> Low hands, minimal hinge ($\approx \frac{1}{4}$-swing) Hands ahead at impact | <ul style="list-style-type: none"> Sweep ball off turf Delicately compress to keep skid | <ul style="list-style-type: none"> Launch very low ($\approx 4^{\circ}$–8°) Spin low ($< 2,000$ rpm) to allow rollout | <ul style="list-style-type: none"> Tight lies with little green to work with When you want the ball to run out like a putt |
| Chip | 8-iron → PW | <ul style="list-style-type: none"> Feet just inside shoulder-width Ball centered or slightly back (≈ 1" behind) | <ul style="list-style-type: none"> 55%–60% front-foot Hips slightly open | <ul style="list-style-type: none"> Moderate hands forward, small wrist hinge Swing arc roughly half of full swing | <ul style="list-style-type: none"> Strike down on ball first (turf contact just after ball) | <ul style="list-style-type: none"> Launch low-mid ($\approx 10^{\circ}$–15°) Spin medium ($\approx 3,000$–$4,000$ rpm) for controlled roll | <ul style="list-style-type: none"> Around tight-to-green chips (6 ft – 20 ft roll zones) When you need some flight but mostly roll |
| Pitch (Pitch-and-Run) | 8-iron → PW → SW | <ul style="list-style-type: none"> Feet ~shoulder-width Ball slightly forward (≈ 1" in front of center) | <ul style="list-style-type: none"> 50% front-foot (slight bias) Hips mostly square to target | <ul style="list-style-type: none"> Hinge more ($\approx 50\%$ of full wrist hinge) Medium-length backswing ($\frac{3}{4}$) | <ul style="list-style-type: none"> Compress ball, leave a shallow divot Use bounce of club to glide through turf | <ul style="list-style-type: none"> Launch mid ($\approx 15^{\circ}$–25°) depending on wedge used Spin higher ($\approx 5,000$–$7,000$ rpm) to check | <ul style="list-style-type: none"> Greenside with 5–15 yards to pin Smooth turf, moderate rollout desired |
| Full Pitch | PW → | <ul style="list-style-type: none"> Feet | <ul style="list-style-type: none"> 45%–50% | <ul style="list-style-type: none"> Full | <ul style="list-style-type: none"> Strike | <ul style="list-style-type: none"> Launch high | <ul style="list-style-type: none"> 15–50 |



| | | | | | | | |
|------------------|------------|---|--|---|---|---|--|
| | SW → LW | ~shoulder-width • Ball forward of center (≈ 1.5"–2" in front) | front-foot • Hips square to slightly open | wrist hinge (≈ 80–90% of full swing) • Backswing length $\frac{3}{4}$ to full | under ball, create divot • Brush through sand/turf to allow spin | (≈ 30°–45° depending on club) for hold • Spin very high (≈ 8,000–10,000 rpm) to stop quickly | yards from green • When you need to carry hazards and land softly near pin |
| Lob / Flop | LW (60°+) | • Feet wider than shoulder-width (for stability) • Ball very far forward (almost off left heel) | • 40%–45% front-foot (strong bias) • Hips slightly open (≈ 5°–10°) | • Full wrist hinge (>90% of full swing) • Very steep vertical arc | • Slide turf/sand under ball with lots of bounce • Commit to speed & open face | • Launch extremely high (≈ 45°–60°) • Spin very high (≈ 9,000–11,000 rpm) to land soft | • Over bunker lip or obstacle close to green • Very soft landing in tight spots |
| Sand Shot | SW → LW | • Open stance (feet ~1-club-length wider than shoulders) • Ball centered or slightly forward to allow bounce | • 60% front-foot (help shallow) body leaning left • Hips open to target (≈ 20°–30°) | • Full swing with steep approach • Hands well forward at impact to let bounce work | • Swing under ball (hit sand 1–2" behind ball) • Use bounce to pop ball out | • Launch high (≈ 30°–45°) • Spin high (≈ 7,000–10,000 rpm) for quick stop | • Greenside bunkers (soft sand) • Open face, land in front of ball, let sand cushion shot |
| Toe-Down Putting | Putter | • Narrow stance (feet hip-width) • Ball centered or slightly forward of center | • Balanced or slight inside-foot bias • Hips square to target | • Rocker stroke (minimal wrist hinge) • Shoulders rotate pivot like door hinge | • Solid, consistent blade square at impact • Meet ball on true roll | • Launch very low (≈ 2°–4°) • Zero spin variation (pure roll) | • All putts (3–20 ft, depending on green speed) |



Universal Setup Principles

| Principle | Details |
|-----------------------------------|--|
| Feet & Stance | <ul style="list-style-type: none">• Establish stance width appropriate for shot (narrow for bump & run/putting; wider for lob/sand).• Align toes, knees, hips, and shoulders square or slightly open relative to target line. |
| Ball Position | <ul style="list-style-type: none">• Place ball slightly back for low-running bump shots.• Move toward center or slightly forward for chips/pitches.• Place far forward for high-trajectory lob or flop shots. |
| Weight Distribution | <ul style="list-style-type: none">• Always bias weight slightly to front foot (lead foot) to promote descending blow.• For ultra-soft shots (flops), shift more weight forward ($\approx 60-70\%$ on lead foot). |
| Hand & Arm Position | <ul style="list-style-type: none">• Hands should rest slightly ahead of ball at address (especially for chips/pitches).• Maintain light grip pressure (about 5/10) to allow feel; stronger grip forces tension. |
| Open Face / Clubface Manipulation | <ul style="list-style-type: none">• For higher-lofted shots (lob, sand), open clubface so bounce cuts through sand/turf.• For lower-lofted chips, keep face square or slightly closed to keep ball low. |



Swing Sequencing for Chipping & Pitching

| Stage | Description |
|----------------|--|
| Takeaway | <ul style="list-style-type: none">• Slight shoulder turn; minimal wrist hinge.• Arms and shoulders move as unit.• Clubhead stays low to ground. |
| Transition | <ul style="list-style-type: none">• Hinge wrists $\frac{1}{4}$–$\frac{1}{2}$ for chips; $\frac{1}{2}$–$\frac{3}{4}$ for pitches.• Minimal lateral shift; maintain stable knees. |
| Downswing | <ul style="list-style-type: none">• Initiate with lead hip bump.• Keep hands ahead of hips to maintain lag.• Release wrists as club approaches ball. |
| Impact | <ul style="list-style-type: none">• Square clubface (or slightly manipulated).• Hands ahead of ball; shaft leans forward.• Chip: brush turf just after ball.• Pitch: enter turf 1"–2" behind ball. |
| Follow-Through | <ul style="list-style-type: none">• Hands and arms quiet; no flip.• Chest rotates toward target.• Chip: low finish; Pitch: $\frac{3}{4}$–full finish. |



Swing Sequencing for Sand Shots

| Stage | Description |
|----------------|--|
| Takeaway | <ul style="list-style-type: none">• Open clubface and stance.• Turn shoulders; hinge wrists high.• Maintain arm extension. |
| Transition | <ul style="list-style-type: none">• Slight coil against lower body.• Load weight into lead leg; no sway. |
| Downswing | <ul style="list-style-type: none">• Hit sand 1"-2" behind ball.• Slight hip bump to shallow angle.• Maintain wrist hinge until sand entry. |
| Impact | <ul style="list-style-type: none">• Use bounce to pop ball out.• Hands slightly ahead to prevent digging.• 2"-4" sand displacement in front of ball. |
| Follow-Through | <ul style="list-style-type: none">• High finish overhead.• Chest and hips open.• Soft grip release in sand. |



Swing Sequencing for Lob / Flop Shots

| Stage | Description |
|-------------------------|--|
| Setup | <ul style="list-style-type: none">• Open feet and body; open clubface.• Ball far forward in stance.• 60%–70% weight on lead foot. |
| Backswing | <ul style="list-style-type: none">• Steep takeaway; hinge wrists >90%.• Maintain wide base. |
| Transition | <ul style="list-style-type: none">• Slight hip bump; maintain steep angle.• Hold wrist hinge until just before impact. |
| Downswing | <ul style="list-style-type: none">• Hit under ball; engage bounce.• Shallow bounce under turf; avoid digging.• Hands ahead of clubhead to avoid scoop. |
| Impact & Follow-Through | <ul style="list-style-type: none">• Expect shallow divot or sand displacement.• High release; club flops open.• Body open; chest faces target. |



Putting Sequence (Overview)

| Stage | Description |
|----------------|--|
| Setup | <ul style="list-style-type: none">• Feet hip-width; ball slightly forward.• Eyes over or inside ball line.• Light grip pressure; no wrist hinge.• Shoulders, hips, and feet parallel to target. |
| Takeaway | <ul style="list-style-type: none">• Shoulder rocker; wrists firm.• Maintain arm-shoulder triangle. |
| Stroke | <ul style="list-style-type: none">• Pendulum motion: shoulders rock back and through.• Even weight distribution; no sway. |
| Impact | <ul style="list-style-type: none">• Putter face square at lowest point.• Strike ball center or slightly below for forward roll. |
| Follow-Through | <ul style="list-style-type: none">• Mirror takeaway; wrists locked.• Putter points at target; shoulders remain on plane. |



Key Biomechanical Movements

| Component | Details |
|-----------------------------------|--|
| Lower-Body Stability & Sequencing | <ul style="list-style-type: none">• Stable base with minimal lateral movement; knees flexed, feet planted.• Hip bump and rotate for chips/pitches; hips open for sand/flop to allow bounce. |
| Upper-Body & Shoulder Turn | <ul style="list-style-type: none">• Maintain arm-shoulder connection; avoid casting.• Chips: small shoulder turn, minimal hinge; Wedge: maximal wrist hinge with shoulder start. |
| Arm & Hand Dynamics | <ul style="list-style-type: none">• Wrist hinge and lag vary: Chips ($\frac{1}{4}$–$\frac{1}{2}$), Pitches ($\frac{1}{2}$–$\frac{3}{4}$), Flops ($>90^\circ$).• Hands ahead at impact to ensure descending blow and avoid flip. |
| Clubhead Path & Face Control | <ul style="list-style-type: none">• Inside-out path for crisp contact; use gate drills.• Face: square for chips, open for flops/sand; use bounce to prevent digging. |
| Tempo & Rhythm | <ul style="list-style-type: none">• Smooth, accelerating through impact; consistent rhythm.• Use clock system for wedge distance; feel for chip length. |



Quick-Reference Biomechanical “Cheat Sheet”

| Component | Key Point | Drill / Cue |
|----------------|--|--|
| Foot & Stance | Stable base, minimal lateral move | Balance on foam pad for feel of stability |
| Ball Position | Adjust forward/back depending on shot | Place tee/alignment stick to mark ideal spot |
| Weight Bias | Slight forward for chips/pitches | Practice with front-foot weight board |
| Shoulder Turn | Shoulders start backswing; no casting | Shoulders-only drill with arms across chest |
| Wrist Hinge | $\frac{1}{4}$ (chip), $\frac{1}{2}$ - $\frac{3}{4}$ (pitch), full (flop) | "L to L" drill: hinge to left shoulder, down to left hip |
| Hip Initiation | Gentle bump/slight open for chip/pitch | Headcover behind trail hip to prevent slide |
| Clubhead Path | Slight inside-out for crisp contact | Gate drill with tees: miss both tees |
| Clubface Angle | Square for chips, open for flops/sand | Face-angle mirror to confirm at setup/impact |
| Tempo/Rhythm | Smooth, accelerate through impact | Metronome drill at 60 bpm for backswing/downswing |
| Follow-Through | Low finish for chip, high for pitch/flop | Check finish height vs backswing length |



Putting It All Together: Practice Protocol

| Phase | Details |
|--------------------------------------|--|
| Start with Fundamentals (Warm-Up) | <ul style="list-style-type: none"> • Mirror drills to check stance and alignment. • Towel drill (Putting): Place towel 4" in front of putter face; practice stroking without touching towel. |
| Progress from Low to High Trajectory | <ul style="list-style-type: none"> • Phase 1 (Bump & Run/Chip): Practice 9-iron chips 5 ft from green, focus on hands ahead. • Phase 2 (Pitch-and-Run): Hit 30 yd PW pitch, target 4 yd rollout with 30°-35° launch. • Phase 3 (Full Pitch/Sand): Hit 20-50 yd wedge (¾ to full swing). Practice bunker shots, hitting sand 1" behind ball. • Phase 4 (Lob/Flop): Practice 10 yd flops with 60°+, focus on high release and soft land. |
| Track Progress with Feedback | <ul style="list-style-type: none"> • Use alignment sticks/gates for path and face control. • Video record swing for weight shift, hip rotation, wrist hinge. • Launch monitor: Chipping (10°-15°, ~3,000 rpm); Pitching (20°-30°, ~5,000-7,000 rpm); Sand/Flop (35°-50°, ~8,000-11,000 rpm). |
| Consistent Rhythm & Practice Sets | <ul style="list-style-type: none"> • Practice in sets of 10 for each shot, log miss patterns, adjust setup. • Pressure drills: Land 8/10 balls inside 10 ft circle. |