

EFFECT OF CHIPPING BACKSTROKE AND SHOT DISTANCE					
CHIP #	SWUNG BACK TO OR PAST CLUB COVER		DISTANCE HIT IN RELATION TO CUP		
	NO	YES	SHORT	LONG	EXACT DISTANCE
1-5	4	1	4	1	0
6-10	2	3	2	3	0
11-15	1	4	1	3	1
16-20	1	4	1	4	0
TOTAL	8	12	7	12	1
Percent	35	65	36	59	5

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This was designed for a golfer who was not hitting his chip shots close to the pin often enough. He tried to control distance by how *hard* he hit the ball, instead of by how *far back* he took the club. His method is a more difficult way to control distance. As a result, he left most of his chip shots too far from the cup, either too short or too long. This led to the golfer taking two putts after 85% of his chip shots, rather than one putt.

I suggested three forms of feedback.

One was whether he felt the clubhead on the backstroke touch a club cover placed on the ground at the distance he should take the club back for that shot.

The second was to observe and record where the ball stopped in relation to the cup. The golfer then was to compare whether he took the club back far enough to hit the club cover with the distance of the shot, short of the cup or past it.

There was a third feedback system, a biological one. When he began to take the club back further, I asked him to tell me what he felt in his arms and hands when he took the club back far enough, versus when he did not. When he described those sensations, I had him make a written note and store it in his golf bag.