

Side Hill Lies

By Trent Wearer

Playing golf requires the ability to hit many different types of shots from all sorts of lies. Two lies that are encountered quite easily on most modern golf courses is the ball that lies below one's feet and the ball that lies above one's feet.

In order to make solid contact repetitively, one must adjust the setup to match the slope.

Ball Above Feet

Setup

Grip down on handle

Stand further away and taller

Weight toward toes



The swing's shape will tend to be more around your body like a baseball swing due to the height of the ball at address. With this slope even though the leading edge is perpendicular to the target, the loft of the club face now angles left and therefore the ball's tendency is to move to the left for the right-handed golfer. Be sure to align yourself for this curvature.

Ball Below Feet

Setup

Grip at top of handle

Stand closer with more knee bend and spine tilt

Weight toward heels



The swing's shape with this lie will tend to be more upright or vertical due to the ball being lower than your feet. This time the loft of the club face will tend to move the ball to the right of where you're aiming so adjust according at address.

One main key when you're faced with any uneven lie on the golf course is to take several practice swings. The goal during these practice swings is twofold. First, you need to sustain your balance to have any chance of the ball contacting the sweetspot. Second, by watching where your practice swings bottom out in the grass, you'll come to realize where you should place the ball within your stance. In order to successfully pull off these two goals, you may find it advantageous to take a shorter and more controlled swing.

Remember that awkward lies are a part of the game and practicing them should also therefore be a part of your practice time.