



Your Coach in Your Pocket, Andre Louw



# ISSUE 3:

YOUR COACH IN YOUR POCKET SERIES...

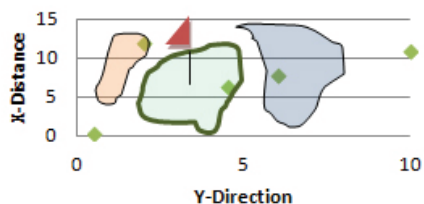
## Approach shots (Any shot you play attempting to go to the green)

Theoretically the approach shot is the most difficult aspect of golf for various reasons and I would like to educate you on why that is:

### 1. Distance and Direction are both important

Golf in general is a game of controlling the distance and direction of the ball to get a desired result, but with approach shots the consequence of missing one or the other has a greater impact on your score. See it in the following x-y line diagram below.

#### XY-missed shots



### 2. More difficult to consistently make good contact

Unlike driving where the ball is teed up and putting where the grass is very short, approach shots can be found in so many different lies in different lengths of grass or even sand. This

makes strike precision more difficult to attain and why practicing to accurately strike the clubface is so important.

### 3. Balance difficulty because stance and setup always different

Unlike a tee box which is supposed to be level, with approach shots you will find that besides the lie, you very seldom get a level stance where the ball is not either below or above your feet or your front foot above or below your back foot. This makes it difficult to maintain balance which makes it harder to make good contact and control the club face.

### 4. You have twelve clubs to navigate through, not just 1 or 2

Approach shots can be anywhere between 50m and 220m depending on each player. As mentioned earlier controlling the correct distance is important, not just hitting the ball as far as you can. So you need to know the distances that you can cover with each club and when to choose what club for the type of shot you need to play. I would recommend you book a gap testing session to see what distances you hit your clubs.

### 5. You do not always have a full shot

It often happens that you end up with a distance that is in between the distance you hit certain clubs. This then requires that you either hit a club harder

or softer to get the desired distance. You will also swing the club softer if you need to hit the ball lower and vice versa to hit it higher.

### HERE IS AN EXAMPLE OF HOW BAD APPROACH SHOTS CAN COST YOU OVER TIME USING THE GOLF STATS COACH:

Jordan Spieth in 2015 was 2nd on the OWGR with good Approach shot stats vs his 2019 season where he dropped to 56th on the OWGR with better putting stats but worse driver and approach play. If a pro gets this much insight in strokes gained stats, how much more won't you? Visit [www.golfstatscoach.com](http://www.golfstatscoach.com) for more info.



### SO HOW DO YOU NAVIGATE THROUGH ALL OF THIS TO HIT BETTER GOLF SHOTS?

Here are the main the factors that have an effect on your approach shots.

**Strike** - practice hitting the middle of the club face more often.

Please follow SA Golf Trader social media to see how you can measure where you mostly strike the ball.

**Club face angle** - practice to get the club face at the correct angle at impact relative to target.

**Club path** - get the club moving towards the target through impact.

**Loft of club** - choose the correct club for the shot you want to play.

**Angle of attack** - hit into the back of the ball, not trying to lift the ball in the air.

**Club head speed** - control the speed the club moves according to the shot you want to play.

Although most of these factors come into play with professional players, you might benefit highly by just putting your focus on one or two

of the areas. That is why I would suggest you download the Golf Coach App and register a free student account using my coach code: coachandre. I will do a free evaluation for you to help you understand where you should apply your attention to.

You need to understand that more information will not make you a better player or increase your skill, but once you do have more knowledge you definitely need to have some sort of feedback tool like the Golf Coach App that you can use to get the feedback on your personal issues as well as someone that can interpret the feedback for you. Without constructive feedback any form of reading up or practice is pretty futile as it can cause more confusion than move you forward to your goals. Please look out for the next issue of your favourite golf magazine where I will provide you with some insight in improving your short game.

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