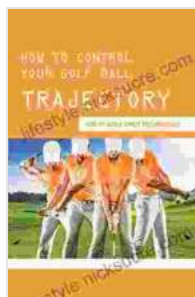


How to Lower Ball Flight with Irons: A Comprehensive Guide

Understanding Ball Flight

Ball flight is the trajectory of a golf ball after it is struck with an iron. It is affected by several factors, including club selection, swing technique, and course conditions. By understanding these factors, golfers can manipulate their ball flight to achieve optimal results.



How To Control Your Golf Ball Trajectory: Great Golf Shot Techniques: How To Lower Ball Flight With Irons

by Joel Cotton

★★★★☆ 4.3 out of 5

Language : English

File size : 6467 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 64 pages

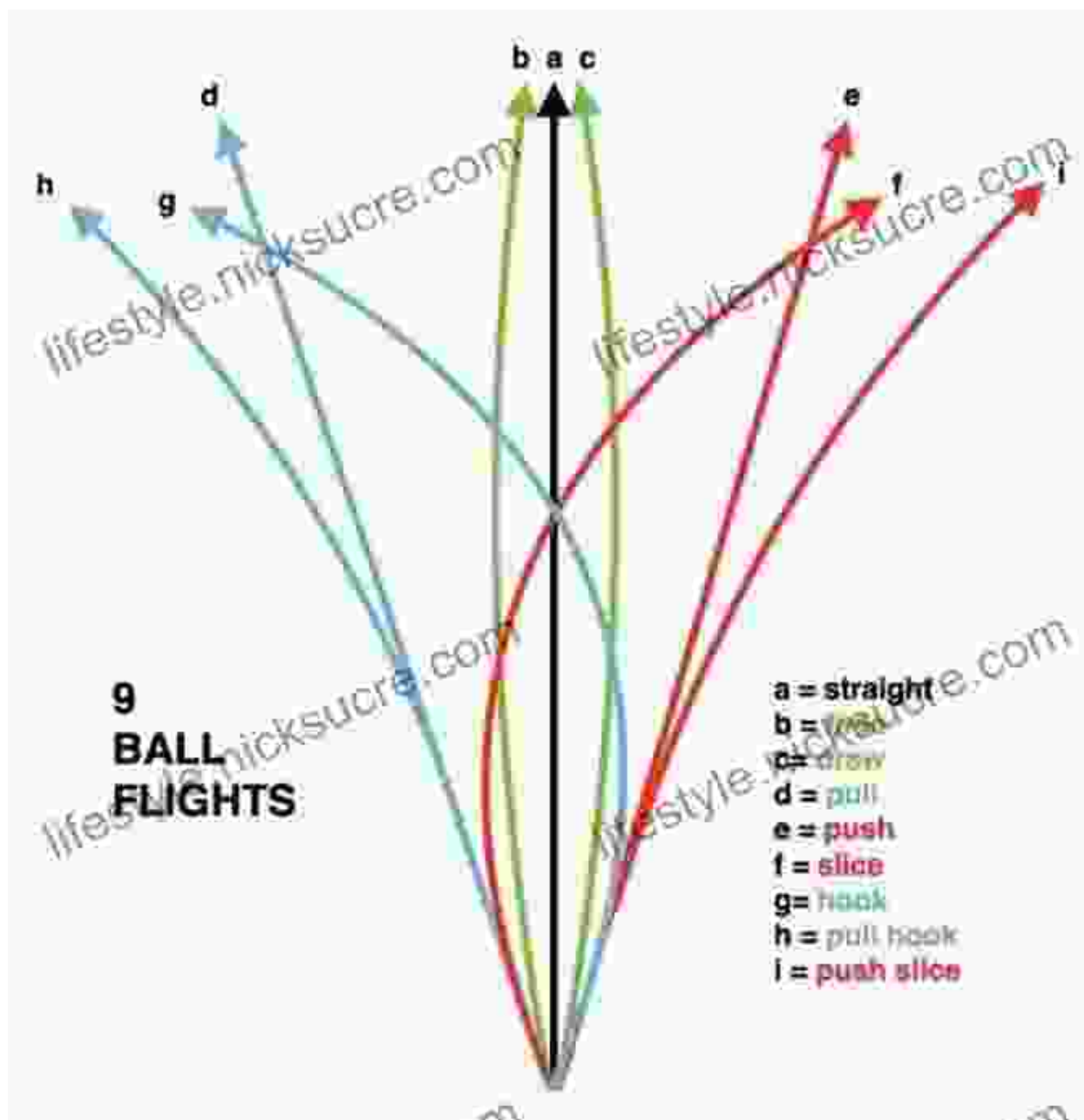
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A high ball flight can be caused by a variety of factors, including a steep swing, a long backswing, a weak grip, and a ball position that is too far back in the stance. A low ball flight, on the other hand, can be caused by a shallow swing, a short backswing, a strong grip, and a ball position that is too far forward in the stance.



Methods to Lower Ball Flight with Irons

There are several methods that golfers can use to lower their ball flight with irons. These methods include:

- **Steeper Swing:** A steeper swing angle will cause the ball to launch at a lower trajectory. To achieve a steeper swing, golfers should focus on

hinging their wrists earlier in the backswing and keeping their back straight throughout the swing.

- **Shorter Backswing:** A shorter backswing will also result in a lower ball flight. This is because a shorter backswing reduces the amount of time that the club has to accelerate, which in turn reduces the amount of energy that is transferred to the ball.
- **Strong Grip:** A strong grip will promote a more controlled swing, which can help to lower ball flight. To achieve a strong grip, golfers should place their hands on the club in a way that the knuckles on their left hand (for right-handed golfers) are facing down the shaft.
- **Ball Position:** The position of the ball in the stance can also affect ball flight. Moving the ball forward in the stance will promote a lower trajectory, while moving the ball back in the stance will promote a higher trajectory.
- **Divot Position:** The position of the divot after the ball is struck can also provide insight into the angle of attack. A divot that is taken after the ball has been struck indicates a shallow swing, while a divot that is taken before the ball has been struck indicates a steep swing. Golfers should aim to take a divot that is slightly after the ball has been struck.
- **Shaft Angle:** The angle of the shaft at impact can also affect ball flight. A shaft that is angled too much towards the ground will promote a high ball flight, while a shaft that is angled too much away from the ground will promote a low ball flight. Golfers should aim to keep the shaft relatively neutral at impact.

Benefits of Lowering Ball Flight

There are several benefits to lowering ball flight with irons. These benefits include:

- **Increased Accuracy:** A lower ball flight will be less affected by wind, which can lead to increased accuracy.
- **Improved Distance Control:** A lower ball flight will also travel a shorter distance, which can help golfers to better control their distance.
- **Enhanced Shot Shaping:** A lower ball flight will allow golfers to shape their shots more easily, such as by hitting a draw or a fade.

Lowering ball flight with irons is a valuable skill that can help golfers to improve their accuracy, distance control, and shot shaping. By understanding the factors that affect ball flight and by practicing the methods described in this article, golfers can lower their ball flight and achieve optimal results on the golf course.



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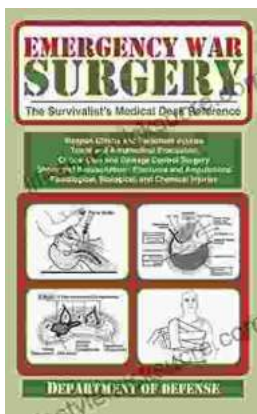
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