

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Dealing With Down Slopes**

**By Jack Moorehouse**

In some of my golf tips I tell the story about playing a course which had severe fairway undulations.

I could see where the course would be discouraging for recreational golfers. I seldom had a flat lie on the course. In fact, it was so hilly, I was almost always hitting from some kind of slope. More often than not, I was hitting down hill.

If you've ever played a course like this—and you probably have—you know how tricky hitting from a downhill lie can be. It's especially difficult for recreational golfers, who are sometimes intimidated by a downhill slope and/or have little experience hitting from this type of lie. The resulting effort isn't pretty and does nothing to lower the player's golf handicap.

Hitting from a downhill slope is primarily a matter of making the right adjustments. I cover these in my golf lessons and golf tips but, obviously, there's nothing like hitting from a down hill slope to learn how to do it.

Here are the 4 adjustments I recommend:

Tailor set-up for slope Position ball back in stance Swing with the slope Chase ball down the slope

Keep two things in mind when faced with a downhill lie: (1) a shot from a down slope tends to fade right and (2) the slope affects the club's loft.

The tendency to fade is a by-product of the slope. There's little you can do about it. Even if you hit the ball perfectly, it will tend to fade right, so learn to deal with it as best you can, as I emphasize in my golf lessons.

Club loft is different. You can deal with it easily enough. On a steep slope, hitting a 7-iron becomes more like hitting a 5-iron, necessitating an adjustment in club selection depending on how far you are from the green. How much of an adjustment is hard to say. And golf instruction sessions don't help, either. Only personal experience can tell you just how much to make.

## Dealing With Down Slopes

Also, tailor your set up to the slope. That means making sure your spine is perpendicular to the slope and your weight on your front foot, a weight distribution you must maintain throughout the backswing. As a result, your shoulders will tilt downward to match the lie of the land. These changes ensure clean contact with the ball, positioned toward the back of the stance.

Another problem with downhill lies is trajectory. To generate height, hit down and with the slope, as if you're chasing the ball downhill. Chase it for as long as possible by forcing your right shoulder to follow the ball to the target.

Also, don't let the transfer of weight get out of control at impact. Stay as balanced as possible, finishing the swing with a nice, smooth follow-through. Clearing your left hip as you swing down and through the ball helps with the follow-through.

These changes in your set-up and swing, as I point out in my golf lessons, almost mirror those needed for uphill lies.

With uphill lies, the weight is on the back foot, the ball is positioned forward in the stance, and the tendency is to pull the ball left, which is caused by a golfer's hands getting overactive through impact. Also, concentrate on making a wide takeaway. This change counteracts the tendency to narrow your backswing, which often occurs on an uphill lie.

Whether uphill or downhill, you must control weight transfer and you must swing down and with the slope. You also must control your head, keeping it behind the ball at the point of impact.

If you make the changes I recommend in this golf tip the next time you play a hilly course, you'll find yourself hitting better shots from a sloped fairway. You'll also find yourself developing more and more confidence playing a hilly course—and confidence never hurt anyone's golf handicap.

Jack Moorehouse is the author of the best-selling book "How To Break 80 And Shoot Like The Pros

<http://www.howtobreak80.com.com/>

." He is NOT a golf pro, rather a working man that has helped

thousands of golfers from all seven continents lower their handicap immediately.

## **How To Deal With Sloping Greens**

**By Jack Moorehouse**

Reading slopes correctly is vital to putting well. All putts start out straight, but the green's contour curves the ball. If you're going to improve your putting and lower your golf handicap, then you must learn how to read a green's slope.

## Dealing With Down Slopes

Reading a green's slope comes with experience, like a lot of things in golf. The more you play, the better you'll become at it, as I stress in my golf lessons. Nevertheless, there are some proven techniques I've used that will make learning how to deal with sloping greens faster.

**Technique #1:** Get used to the differences between fast and slow greens The green's slope determines the degree of break on a putt. How much the putt breaks depends on two factors: the ball's speed and the green's speed (In other words, whether the green is fast or slow). In the summer, the ball tends to break more because the grass is shorter than in the winter, making the green faster. In the winter, the ball tends to break less because the grass is longer than in the summer, making the green slower. Take note of how fast or slow the greens are the next time you play. Get used to the difference between them.

**Technique#2:** Assess the green's slope as you approach it Studying a green as you approach it from the fairway yields a wealth of information, which can prove vital to sinking the shot. In general, a green tends to slope more one way than another does. Take an overview of the green as you approach it to determine its slope. Note which way it slopes. Also, check to see if the grass is cut with the putt, in which case the grass will appear lighter, or against the putt, in which case the grass will appear darker.

**Technique #3:** Practice putting long-range Learning to make long-range putts is difficult enough without adding slopes or borrows. Adding slopes between the ball and the hole takes long range putting to another level of difficulty. The best way to learn how to putt in this situation is to practice it. Try this drill to improve your long-range putting. Stand on one side of the green and putt the ball all the way over to the other side. Try to get the ball as close to the green's fringe as possible, without going off the green Make a game of it with your friends.

**Technique #4:** Play every putt as if it were straight One way to deal with slopes is to play every putt as if it were straight. This approach seems contradictory, but Greg Norman relies on it when dealing with a sloping green. Norman, one of the tour's top money winners, uses this method when confronted with a sloping green. And he's not the tour that does. When dealing with a sharply sloping green, identify the putt's breaking point—the exact spot wide of the hole indicating the amount of break the ball will take. Then putt the ball straight to it.

**Technique #5:** Deaden the impact on downhill putts Most golfers would rather putt a ball uphill than downhill, especially on a fast green. But if you play a lot of golf, you'll face a downhill putt on a fast green sooner or later. One way to do this is to hit the ball off the putter's toe or off the putter's heel, close to the hosel. Either way deadens the ball enough so you can take a somewhat normal putting stroke without hitting the ball well past the hole. Which approach you adopt is a matter of personal choice.

These five strategies on dealing with sloping greens will help you learn to read the slopes on greens faster. But no golf instruction, whether golf lesson or golf tip, can teach you how to putt well. Only practice can do that. Remember improving your putting is the fastest way to lower your scores and your golf handicap.

Jack Moorehouse is the author of the best-selling book "How To Break 80 And Shoot Like The Pros

<http://www.howtobreak80.com>

." He is NOT a golf pro, rather a working man that has helped thousands of golfers from all seven continents lower their handicap immediately.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**