



## **GUESS THE MISSING COLOUR. (BLACK -?- WHITE)**

IN MOST sports there are a number of techniques that need to be mastered in order to perform at a high level. Golf is no exception and most golfers have experienced times when their putting is great and their long game is poor or vice versa. In fact in golf there are three distinctly different areas of the game.

- 1) The power game
- 2) The finesse game
- 3) The putting game

The power game is typified as being explosive, dynamic and forceful: they are strokes that require physical effort to make the ball cover a distance through the air (normally more than 100m). The golfer will normally have to make a swing that moves the club further than waist high, causing the wrists to set / hinge during the backswing portion of the swing and will have necessitated transfer of the players weight. For now we can picture this as the colour BLACK.

The putting game is at the other end of the spectrum, this game is all about fine motor control, touch and precision. Consistency of set up, speed of stroke and judgement of distance are skills that need to be developed. The task of putting is simple and can be performed by the full spectrum of golfers regardless of physical prowess. We should think of the colour WHITE for this game.

So we have BLACK, we have WHITE and they are linked by the finesse game which is GREY. Elements of the power and putting games mix together in order to produce a shade of GREY that depends on the type of finesse shot that we wish to play.



Take for example a straight forward chip shot with the ball lying a metre or two from the edge of the green and the hole positioned ten or fifteen metres onto the green. This shot is often called a chip & run which employs a technique that is very similar to that used when putting. It is advisable to use the same grip, stance, posture and swing as when putting with the only adjustment being that the centre of swing should be moved further towards the target. To achieve this, the ball can be moved back in the stance, or alternatively the sternum may be leaned more towards the target. In any case due to the majority of elements required for this shot coming from putting, we could think of this colour being a light SILVER GREY. Conversely a pitch shot of some fifty plus metres will likely be played with many of the power game elements present. A power game grip, stance and posture, along with a swing that is at least waist high and wrists that set / hinge are normally used for this shot. Even though there is not much by the way of weight transfer the movement is close to that of the power game swing and so we should think of this shot being a DARK GREY.

So there it is, BLACK and WHITE linked by various shades of GREY. The shots in GREY are a mix of the elements and of course the shade is dictated by the length and type of shot that is required. Because GREY can be many different shades it is the area of the game that requires more artistry, the truly great finesse game exponents are considered to be creative, imaginative and supremely skilful, but actually the secret lies in quality practice that mixes the elements found in other parts of the game.

Article written by Tony Bennett

Tel (351) 93 2524253

Email [tony@bmycoach.org](mailto:tony@bmycoach.org)