



Callaway
V

GUIDE TO GOLF AND PERSONAL ASSESSMENTS

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The 2026 Callaway Guide to Golf

The [PGA of America Women's Golf Clinics](#) have appeared in major U.S. markets across the country since 1991. Led by **Jane Blalock**, a 27-time winner on the LPGA Tour and founder of this unique program tailored to women, these full day Clinics provide skills training and on course lessons for all levels of golfers - from totally new to the game to those who've played for years - thanks to the talents and shared experiences of our best-in-class PGA/LPGA Certified Coaches.

The learning doesn't stop at the conclusion of a Clinic day. Each new season of events also brings a newly published **Guide to Golf**, and we are pleased to present this 2026 edition titled by our Official Equipment and Apparel Partner, **Callaway Golf**. Their support makes so much of our celebrated program possible - from the sleek, high-tech, women-friendly woods, irons, hybrids and putters to the thoughtfully engineered golf balls to our stylish coach and staff uniforms, Callaway consistently delivers the highest quality golf products in the industry.

Thanks to Callaway and our knowledgeable instructors, we are able to provide you with additional tips and insights we hope you will find useful as you continue your golf journey. Throughout the Guide, you'll see **tips credited to specific coaches** with a link to their bio; if what they share is helpful, please reach out and let them know - and don't hesitate to book a lesson if they're located nearby. We hope you enjoy this year's *Guide to Golf and Personal Assessments*. Please, share it with a friend!

With Special Thanks to Our National Partners:





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Change Your Game in Just One Tap.

Download The Clinic App and get instant access to weekly news, PGA/LPGA coaches, tips, and more!

We are pleased to once again collaborate with the PGA of America, the largest sports organization in the world, to bring to you our nationwide series of full-day golf clinics tailored to women.

Since 1991, our Clinic series has been dedicated to building confidence in women in golf and business. Fortified by our pact with the PGA of America and partnerships with many of the nation's leading companies, we will continue to encourage inclusiveness, improve your skills and consequently, bolster your courage as you seek an equitable playing field with your male counterparts.

We have made significant progress over the years in concert with the support of our national, series-wide corporate partners, including Fidelity Investments, FM, MetLife, Brighthouse Financial, Allstate, and Callaway Golf. As career women in a competitive world, we must continually recommit to improving our relationship development and networking skills. We have learned the golf course is an ideal platform.

I must extend a deep appreciation to our PGA/LPGA certified coaches who continue to impress all of us with their coaching skills and ability to keep everyone relaxed and engaged throughout the day. I hope their tips and words of encouragement will help improve your skills and inspire you to enjoy this game for a lifetime.

Thank you for supporting the [PGA of America Women's Clinics](#) and joining us on the golf course today!



Jane Blalock, LPGA

CEO, JBC Golf

PGA of America Women's Clinics





We Love this Game

From our talented PGA of America Golf Professionals driving the business and coaches teaching the game to our diverse programming and our four Major Championships, we support the sport we love in a variety of ways to grow the game for future generations.

[PGA.com/WeLovethisGame](https://www.pga.com/WeLovethisGame)

As we begin an exciting year of **PGA of America Women's Clinics** all over the country, I am filled with anticipation for the incredible experiences that await women looking to connect with this game of a lifetime. As someone who has a deep love for coaching and helping others discover their love for golf, I know firsthand the power this sport has to inspire, empower and bring people together.

Our clinics, led by **PGA of America and LPGA Certified Coaches**, are thoughtfully designed to create a welcoming environment for women of all backgrounds and skill levels. We are proud to partner with the legendary Jane Blalock, a 27-time LPGA Tour Champion, to make the clinics accessible in communities across the country. With more than eight million women now playing golf, the PGA of America is deeply committed to supporting and celebrating the next generation of women golfers.

Participants will receive hands-on coaching in the game's fundamentals, as well as insights into the social and business opportunities golf provides. Our goal is to offer a day filled with personalized instruction and meaningful networking, capped off by engaging keynote speakers who will share their own journeys in golf.

Whether you are picking up a club for the first time or looking to sharpen your skills, we are here to help you build confidence and enjoy all that this lifelong game has to offer. As a coach, nothing is more rewarding than seeing someone discover their potential and find joy on the course.

We can't wait to welcome you to a **PGA of America Women's Clinic** this year. Here's to new friendships, new skills and new memories on the fairways.



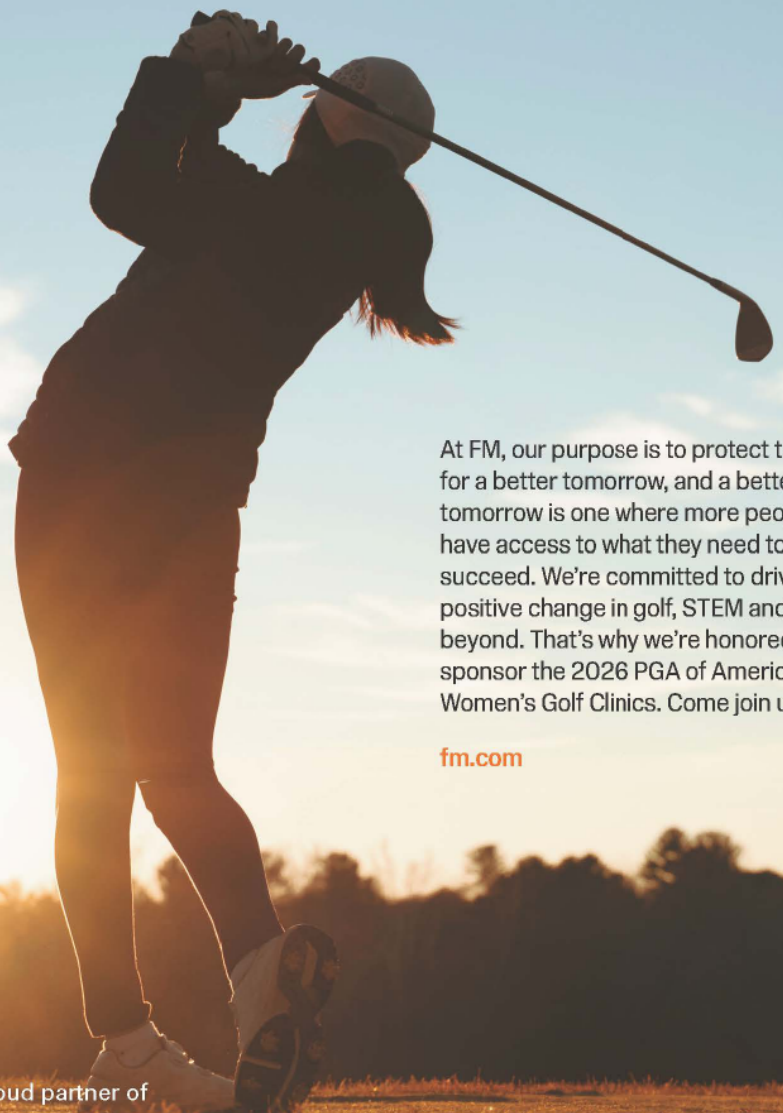
Eric Eshelman, PGA

Vice President
PGA of America





Protect Your Purpose

A silhouette of a golfer in mid-swing, captured against a bright, hazy sky at sunrise or sunset. The golfer is wearing a dark jacket, pants, and a white cap. The club is extended behind them, and the sun is low on the horizon, creating a strong backlight effect.

At FM, our purpose is to protect today for a better tomorrow, and a better tomorrow is one where more people have access to what they need to succeed. We're committed to driving positive change in golf, STEM and beyond. That's why we're honored to sponsor the 2026 PGA of America Women's Golf Clinics. Come join us.

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About Jane Blalock | CEO, PGA of America Women's Clinics

Jane Blalock started playing golf at age 13 in her home state of New Hampshire. She went on to attend Rollins College, competing on the golf team and winning the Florida Intercollegiate Championship in 1966. After winning several New England amateur tournaments in the late 1960's, Blalock joined the LPGA Tour in 1969 and promptly earned Rookie of the Year honors. She won her first LPGA Tour event in 1970 and proceeded to capture **27 titles** over the next 18 years on tour. Blalock, who retired in 1987, still holds the world record for **most consecutive cuts made** on a professional golf tour with 299, the longest streak for any LPGA Tour or PGA Tour player in history.

What Playing Competitive Golf Taught Jane:

"I always had a game plan, but I learned to **expect the unexpected**, be flexible and adapt to changes when necessary."

"You have a vision, but you learn to **tweak it** based on the circumstances or conditions. The wind kicks up, and suddenly you need a different club."

"I never gave up. After years of playing competitive golf, I learned to dig deep and just figure out how to improve, how to make it better. You might start out bogey, bogey, bogey, but **you can't just quit.**"

A photograph of Jane Blalock in the middle of a golf swing. She is wearing a light blue long-sleeved shirt and is holding a golf club with a white ball on the club head. The background is a clear blue sky.

Jane Blalock

27 Wins on the LPGA Tour



Golf & Business | with Jane Blalock

As a former LPGA Tour champion and the current owner and CEO of the nationwide **PGA of America Women's Clinics** series, **Jane Blalock** has spent a lifetime drawing parallels between the game of golf and the world of business – and discovering many valuable ways in which they also intersect.

11 Things Golf Can Teach You That Will Help Your Career

- 1.) **Concentration**: completely focus on the task at hand and stay in the moment.
- 2.) **Preparation**: leave nothing to chance and conduct all the necessary research well in advance.
- 3.) **Perseverance**: never give up - stay determined to accomplish your goals.
- 4.) **Composure**: remain calm to think clearly and make the best decisions.
- 5.) **Tenacity**: it is ok to be competitive and ambitious in your desire to excel and succeed.
- 6.) **Adaptability**: at times we must veer from our planning and make quick decisions when circumstances change.
- 7.) **Intestinal Fortitude**: when things aren't going as expected it is time to dig deep for that extra resolve.
- 8.) **Patience**: always a virtue under any circumstance.
- 9.) **Punctuality**: allocate your time properly and efficiently as it demonstrates respect for others when you are on time.
- 10.) **Calculating Risks**: rely on your instincts in making critical decisions with respect to playing it safe or being aggressive.
- 11.) **Decisiveness**: make your decision and stick with it... straddling the fence or hesitation leads to failure.

Golf & Business | with Jane Blalock

After retiring from the LPGA Tour, **Jane Blalock** worked in the financial industry for several years before launching the **PGA of America Women's Clinics**. She found success in crossing over to the business world by following similar principles to those she applied to her golf game.

- ▶ Avoid negative energy; surround yourself with positive people and block out the complainers.
- ▶ Be focused and determined; you will overcome any fears.
- ▶ Set realistic goals; then as they are in sight, raise the bar.
- ▶ Play to your strengths; self-awareness is essential to avoid the pitfalls of unnecessary outside influence, which can cause uncertainty.
- ▶ Pace yourself; know when it is time to take a break and rejuvenate so you always function at 100%.
- ▶ Think positively; learn from -- and move on from -- your mistakes or misfortune.
- ▶ Build on the little victories; success, even when small, instills an even more positive mindset and increases your confidence levels.





Out of the boardroom. Onto the green.

For women in the workforce, golf can be a powerful business tool. That's why MetLife is the official sponsor of the 2026 PGA Women's Golf Clinics. This nationwide series of full-day golf programming is designed to help you improve your game and sharpen your competitive edge. Whether in **the office** or on the course, we're proud to be part of empowering professional women to succeed.

Learn how to stay ahead at [MetLife.com/Workforce](https://www.metlife.com/workforce)

80% of Fortune 500 executives said golf has helped their careers¹

70% of Fortune 1000 CEOs said they had done business with someone they met on the golf course¹

 **MetLife**
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1. Cerullo, Megan. "Not knowing how to play golf can hurt women in business, study finds." CBS News, 20 April, 2023. <https://www.cbsnews.com/news/golf-women-executive-networking/>

Best. Shot. Ever. | with our PGA/LPGA Certified Coaches

Most golfers have hit at least one unforgettable shot – a shot they might revisit to remind themselves of their capability, to boost confidence when facing a similar situation, or to share with others while talking golf heroics at the 19th hole. Golf is made up of thousands of shots over time, of course, but celebrating and sharing the truly special ones is an important part of your golf journey. We asked our PGA/LPGA Certified Coaches to tell us about one of the best shots they've ever hit...



Carly Werwie Swartz

"I remember having a shot from 105 yards at Erin Hills during the 36-hole qualifying round of the USGA Public Links Championship. The flag was in the middle back of the green and there was a big slope that ran from the back of the green down to the hole. **My shot landed perfectly** on the back of the green and my ball took the slope down toward the hole and eventually dropped in the hole! It was a great feeling - I can still picture it to this day."

- [Carly Werwie Swartz, PGA, Kenosha, WI](#)

"Par 3, 147 yds, calm weather conditions. Pulled my 7-iron from my bag with the utmost confidence and visualized my shot landing softly on the green about 10 yards from the hole. **I struck it flush!** It felt SOOOO good that I held my follow through until the ball hit the green. I wanted to relish the feeling! I watched the ball roll to about two inches from the hole -- the closest I have ever been to a hole in one. It was one of the most effortless swings I ever made. Wouldn't it be nice if all our shots felt like that?!"

- [Rita Slavetskis, LPGA, Hilton Head, SC](#)

Best. Shot. Ever. (cont'd)



Char Bendt

"I have always enjoyed playing golf by myself. In one of my solo rounds, I was playing the 7th hole at Wood Ranch, an uphill, 150-yard par 3 that plays like 165 yards depending on the wind and hole location. I chose 5-iron and struck it perfectly. As I watched the ball fly toward the hole, **I thought, "That could go in."** I also thought, "...but I kind of hope it doesn't. There's nobody here to witness it!" On the way to the green, I saw a lone gentleman on the next tee. I approached the flag, and sure enough, when I looked in the hole, my ball was at the bottom of the cup. I called to the other golfer and asked him if he saw my ball go in. He said, "No, but I can say I did!" While I appreciated the offer, I didn't feel that was the right thing to do. To this day, that is still my only 'hole-in-one!'" - [Charlene Bendt, PGA, Prosper, Texas](#)

"I was playing in an LPGA Sectional tournament. My ball was sitting off the side of a green about 20 feet from the hole. **It was a very tight lie.** There was a sprinkler head right in front of my ball in my line, so I'd need just a little bit of height to clear it. I used my 7-wood: I put the ball slightly forward in my stance and held the shaft of the club more upright. I stroked it like a putt, and the loft of the 7-wood lifted the ball up enough to clear the sprinkler, land on the other side of it and roll right in the hole for birdie!"

- [Karen Nicoletti, LPGA, Fort Myers, FL](#)

"The 17th hole on Kiawah's Ocean Course is a challenging par 3 with water to the right of the green, bunkers elevated on the left and on most days, an in-your-face wind. Aiming for the center of the green on this hole is the goal, but I pulled my tee shot left into a bunker, leaving me with a downhill shot into a green sloping toward the water. I was playing in a pro-am and **felt a bit of pressure to hit a good shot** and help the team. I considered the lie, wind and distance, then hit a great 58-degree wedge out of the sand and very close to the hole to save par." - [Robin Rasch, LPGA, Stonington, CT](#)

Best. Shot. Ever. (cont'd)

"I was playing in the Division I National Championship at the Oregon Golf Club. I was on a par 3 surrounded by a ravine with beautiful rose bushes. I hit my tee shot short and it landed in the bunker directly in front of the green. I walked up to find the ball almost buried in the sand. My coach asked me what I was going to do, and I looked at him, and I said, **"I am going to hit it out."** With confidence, because I practiced these shots often, I stepped into the sand, addressed my ball and hit it to four inches from the cup."

- [Jodi Wendt, LPGA, Hutchinson, MN](#)

"I was at a college alumni scramble with my old golf team. We had to finish strong in order to win. Our last hole was a par 4 that was 288 yards and tight. I knew if I got hold of the ball, I could drive the green. During my pre-shot routine, I envisioned a bomb of a drive hitting right before the green and rolling up pin high. I walked up and addressed the ball. I looked at the target one more time, took a deep breath and swung. As soon as I made contact, **I knew I hit it as good as I could hit it.** It was the exact shot I envisioned, rolling to 15 feet. After draining the putt for eagle, we ended up winning by one!"

- [Lindsey Hassler, LPGA, Plainfield, IL](#)



Nicole Jeray

"On the 18th hole at LPGA International, I was in a play-off to earn exempt status on the LPGA Tour. I had a 35-foot, uphill putt with nearly two feet of left to right break. My opponent hit her chip shot to three feet, so I needed to make this putt to continue the playoff. Even though I was so nervous I could feel my heart pounding through my chest, I was extremely focused. I stuck to my routine and process, took deep breaths, committed to the line and speed, and trusted...**and IT WENT IN!** I can still see the putt going in the hole. I won the hole and earned my card for a full season on the LPGA Tour."

- [Nicole Jeray, LPGA, Berwyn, IL](#)



strong connections stronger outcomes

Every strong drive starts with a strong connection. That's why Allstate® partners with the PGA of America Women's Clinics — bringing women together to learn, grow and create the connections that move them forward on the course, and in their careers. Because the right connections can change the game.

Club Selection: Putter

The putter is a specialized golf club with a flat, low-loft face, typically used for making short, precise strokes on a putting green to roll your ball into the hole. It is designed for control and accuracy rather than power and is often the last club used on every hole.

"The right sound, feel and look of a putter is often personal preference," says [PGA/LPGA Certified Coach Nicole Weller of Leland, NC](#). "For the best fit, knowing your eye dominance, your preferred shaft length and head (blade or mallet) along with the connection point (center shafted or offset) can also make a big difference in your comfort over the ball."

When to Use a Putter:

- ▶ On the putting green - roll the ball closer to and ultimately into the hole
- ▶ From the fringe or rough around the green - easier than a chip shot!
- ▶ From a 'tight lie' on the fairway with a clear path to the flag

Putting Drills: Block (Repetitive) and Transfer (Test)

"Putting repeatedly from the same spot helps build a skill," says Weller, "but then it needs to be tested. Will it hold up with a change of scenery?"

- ▶ Do a drill for 10 minutes focusing on one aspect. Attempt 3-foot putts from the same spot or work on lagging the ball close to the hole from 30 feet out.
- ▶ Stop for a few minutes, then perform a challenge game that tests the skill you just practiced, such as the [5-Star Putting Challenge](#) or the [6-Ball Distance Control Test](#). This will train you to perform better on the course.

Putting Videos - Tap to Play!



Club Selection: Putter (cont'd)

Putting Drills with [LPGA Certified Coach Nicole Jeray of Berwyn, IL](#)
Putt between alignment sticks. Aim sticks at the hole on straight putts. For putts with break, read for the break and then aim sticks where you want the ball to start. Sticks should be just a bit wider than your putter head. Hit long, short, uphill and downhill putts. The alignment sticks will help you to see the start of your line. Pay attention to where your ball is starting between the sticks and adjust as needed. **Learn to roll the ball end over end** by practicing with a stripe drawn around the equator of the ball. When you see that the stripe rolls without wobbling, you are striking the ball squarely.



Putting Drills with [LPGA Certified Coach Ashaunta Epps of Charlotte, NC](#)

The Gate Drill (Alignment)

Purpose: Ensure square putter face at impact / ball starts on intended line.

- ▶ Place two tees slightly wider than your putter head about 6–8 inches in front of the ball, forming a “gate” directly on your target line.
- ▶ Set up to a straight, 4–6 foot putt. Stroke putts cleanly through this gate.
- ▶ If the ball strikes either tee, the putter face was open or closed at impact.

The Ladder Drill (Distance Control)

Purpose: Develop a feel for speed, build a consistent stroke length.

- ▶ Place a tee at distances of 10, 20, 30, and 40 feet from a target on the green.
- ▶ Use one ball to putt from each marker in sequence, starting with the closest.
- ▶ Putt each ball so that it stops *beyond* the target but no more than 12-18”.

Club Selection: Wedge

Wedges are great for hitting the ball high and landing it softly. The more loft the wedge has the higher the ball trajectory and shorter the distance. Most golfers carry a pitching wedge and a sand wedge, but there are also wedges labeled with specific degrees of loft for more accurate shots.

"I mainly use my pitching wedge for shots from the rough or fairway that vary from 100-120 yards," notes [PGA/LPGA Certified Coach Carly Werwie Swartz of Kenosha, WI](#). "I also recommend using your wedge to warm up on the range using small swings to gradually bigger swings. Focusing on your wedge as opposed to just hitting driver all the time can also help you to hit a few more greens and become better at scoring."

When to Use a Wedge:

- ▶ Full swing approach shots or par 3 holes typically 70-100 yards
- ▶ Shorter, lofted pitch shots with a half- or three-quarter swing, 40-70 yards
- ▶ Chip shots from the rough or fringe around the green to a close flag
- ▶ Shots out of a greenside bunker

Wedge Drills with [LPGA Certified Coach Liz Farland of Hampden, MA](#)

Every wedge shot starts the same way: I picture a high, soft ball flight that floats toward the green and lands gently near the flag. That picture slows me down, smooths out my tempo, and keeps me committed. Confidence with a wedge comes from repetition and familiarity. The more I've used my 56° in every situation — tight lies, partial swings, and uncomfortable distances — the more it's earned its place as one of the most valuable clubs in my bag.

Half Swing Drill (3 o'clock to 9 o'clock)

The swing is short, smooth, and controlled.

The loft and speed do the work.

- ▶ Ball position slightly back of center – shaft naturally falls forward
- ▶ Stance narrower than a full swing, weight slightly forward
- ▶ Make the club "smaller" – choke down on the grip
- ▶ Make a half swing from 3 o'clock to 9 o'clock, moving as one unit, like a lever
 - Smooth rhythm, consistent tempo
 - Let the club swing naturally to a soft finish
 - Quiet hands: body rotation carries the motion
 - Keep your eyes on the spot just in front of the ball through impact



Club Selection: Wedge (cont')

Wedge Videos - Tap to Play!

**Wedge Drills with LPGA Certified Coach Erika Shavers of Chicago, IL**

Explore and practice different distances with a pitching wedge to build your confidence. A beginner will typically hit a pitching wedge 50 to 70 yards. A more experienced player can go as high as 140+ yards.

Swing Ladder Drill

Purpose: Gradually increase wedge swing length and speed.

- ▶ Hit six balls with a half-swing
- ▶ Hit six balls with a three-quarter swing
- ▶ Hit six balls with a full swing

Focus on maintaining balance and solid contact at each length. Distance comes from a longer swing and maintaining sequencing, not forcing speed. How far do you hit each ball with a half, three-quarter and full swing?

Noodle Gate Drill

- ▶ Place two alignment sticks a few feet away in the direction of your target and cover each stick with a noodle, creating a 3'-5' "gate"
- ▶ Hit your wedge shots through the gate toward your intended target to test club face squareness and centeredness of contact.
- ▶ The narrower the gate, the more challenging the drill becomes.
- ▶ Start with the gate at five feet wide, hit five balls, then move it to four feet wide and hit five more balls, and finally close the gap to three feet wide and hit another five balls. Record your results and repeat until you are able to successfully hit five consecutive balls through 5', 4' and 3' widths.

Club Selection: Wedge (cont'd)

Wedge Drills with [LPGA Certified Coach Jodi Wendt of Hutchinson, MN](#)

The **sand wedge** can be used for more than just shots out of a bunker. Whenever the ball needs to get high in the air, use the sand wedge. You can also bump and run with this club when there is not much green to work with. A beginner may hit this club 20-30 yards where a more experienced player may hit it 70-80 yards. The sand wedge is not a club you want to focus on for distance - it is used more for accuracy.

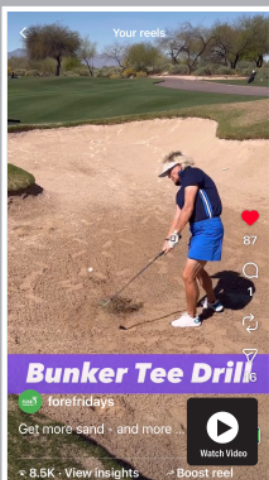
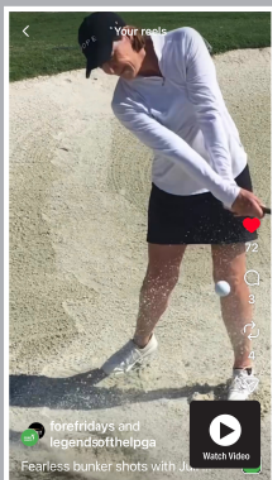
Sand Wedge Drill: The Circle

- ▶ Create a circle in the grass using string.
- ▶ From short distances with your sand wedge, try to land your golf ball in the circle (it doesn't have to stay in the circle).
- ▶ Start with a big circle. As you get more accurate, make the circle smaller.
- ▶ After some success, move to a practice green and make a large circle using golf tees around a hole.
- ▶ From off the green, hit shots that land softly and stop inside the circle.
- ▶ As your accuracy and confidence improve, make the circle smaller.

Sand Wedge Drill: Bunker Shot Pointers

- ▶ Play the ball slightly forward of center in your stance
- ▶ Light grip pressure - feel the weight of the club head
- ▶ Hit the sand 2" behind the ball - the longer the shot, the farther you need to hit the sand.
- ▶ Make a strong shoulder turn; swing through the ball to a "picture" finish.

Wedge Videos - Tap to Play!





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Club Selection: 7-Iron

"The 7-iron is a very versatile club," says [Janice Metzler, a PGA Certified Coach in Bethpage, NY](#). "Many players say it is their favorite or 'go to' club as it can be used in a variety of situations." The 7-iron is a great club to start with when you are new to golf because it is short, easy to swing and has enough loft to get the ball airborne off a tee and experience success early on.

When to Use a 7-Iron:

- ▶ Full swing approach shots or short par 3 holes
- ▶ Punch shots out of the woods or low shots under trees
- ▶ Bump and run chip shots when you have a lot of green to work with

7-Iron Drill: Club Head Gate

Purpose: Improve centered contact and face control.

- ▶ Place two golf tees in the ground just wider than your club head creating a small gate.
- ▶ Swing your club head through the gate without hitting the tees.



7-Iron Drill: Close-Up Target

Purpose: Learn to identify a target and more easily line up the shot.

- ▶ Stand behind the ball and identify your target in the distance.
- ▶ Pick out something in front of you less than two feet away -- a rock, a leaf, or a piece of grass that is also in line with your target.
- ▶ Set up to the ball and align your club head with the closer item.
- ▶ It is much easier to aim your club at a smaller target just 2 feet away than it is to line it up with the actual target 100 yards away.

Club Selection: 7-Iron (cont'd)

7-Iron Shots with [LPGA Certified Coach Colleen Henry of San Jose, CA](#)

7-Iron Drill with [LPGA Certified Coach Rita Slavetskias of Hilton Head, SC](#)

Gaining distance with your 7-iron comes from striking the ball “flush” or squarely in the center of the club face with reasonable club head speed through the hitting area. To gain speed, you can do this drill in your backyard without a ball!

No Ball Swing Drill

- ▶ Create 2 rows of tees 2-3” apart with the tee in front higher than the tee placed behind it.
- ▶ With your 7-iron, address the first set of tees as though it were a golf ball - club face should sit square to the lower tee.
- ▶ Take the club back a short distance (just beyond your back foot) and swing smoothly through each double set of tees to half follow through.

Keep your club face close to the ground as you swing through the tee sets, ideally pulling the forward tee clean out of the ground. Try to be consistent in your rhythm from start to finish. Work on building the back swing until you have extended your arms in full without getting tense. Let the follow through happen. Gradually increase swing speed and length as you continue to make solid contact with the tees.



Club Selection: 7-Iron (cont'd)

“Good balance equals **good contact**,” says the [LPGA's Susie Redman of The Woodlands, TX](#). “For mid-irons, play the ball in the middle of your stance and keep your weight 50/50 on both feet.”

7-Iron Drill: Balance

Purpose: Solid, consistent center-of-the-face contact.

- ▶ Place two alignment rods on the ground parallel to your target.
- ▶ Set up in balance.
- ▶ Start with the ball on a tee and perform 1/2 and 3/4 swings.
- ▶ Coordinate your arm swing with your turn speed. Think, “Turn back, turn through.”
- ▶ Hit two balls off the tee; then try hitting two shots from the ground.
- ▶ Keep it simple. Turn back, turn through, focusing on good balance and centered contact.

7-Iron Drill: Alignment

“**Alignment** is key to getting the ball started on your intended target line,” notes [LPGA Certified Coach Jackie Beck of Old Saybrook, CT](#). “Practice with a club or alignment stick on the ground and parallel to your target to help you aim. The key to proper alignment is to **make sure your club face is aimed at your target** and your feet, knees, hips and shoulders are parallel to that.”

“Vary your target often so you can practice aiming to the right and left, rather than just straight out toward the middle of the range,” advises the [PGA's Char Bendt of Prosper, TX](#).



When you watch a Tour player practice, you'll rarely see them working without a club on the ground or someone checking their alignment. Many swing errors stem from poor alignment. Managing a proper set up (grip, aim, stance, posture) is relatively easy versus trying to make adjustments once the club is moving.

- [PGA Certified Coach Char Bendt of Prosper, TX](#)

Club Selection: Hybrid

"Once you get comfortable with hybrids, your other clubs may start to feel neglected," quips [PGA/LPGA Certified Coach Sue Kaffenburgh of West Yarmouth, MA](#). "Fairway? Rough? Hardpan? That sketchy patch of dirt...no grass, no problem. Your hybrid can be used off any lie." Kaffenburgh goes on to say that the hybrid is shorter than a fairway wood, so it's easier to control. And it's got a chunky metal head which is a launching engine that transfers more energy into the ball so it goes farther and higher. "Even when you miss it a little...it still goes," smiles Kaffenburgh.

When to Use a Hybrid:

- ▶ Full swing approach shots out of the rough, fairway or fairway bunkers
- ▶ Challenging lies or to get out of trouble and still advance the ball
- ▶ Chipping into false fronts or out of thick greenside rough
- ▶ Replacement for long irons (easier to hit)

Hybrid Videos - Tap to Play!



Hybrid Drill: Hip High to Full Finish to Full Back Swing

- ▶ **Hip High:** First, allow the club to swing only hip high, front and back, like a pitch shot. Continue until striking the ball feels solid. Treat it like an iron, with ground contact *after* the hit.
- ▶ **Full Finish:** Next, add a full finish with your torso fully rotated and the club swung behind your front shoulder. Your head has released, and your eyes are watching the flight of the ball.
- ▶ **Full Back Swing:** Finally, add a full back swing allowing your shoulders to turn back. Make complete swings – full back swing, strike the ball, full finish.

Club Selection: Hybrid (cont'd)

"To gain distance with your hybrids, focus on club face contact drills," says [LPGA Certified Coach Jackie Beck of Old Saybrook, CT](#). "**Hitting on center** will give you maximum distance. One way to tell where the ball is contacting the club face is to **spray the face with foot powder** then strike the ball. The void in the powder will tell you if you made contact with the center, toe or heel of the club face. You can also do a gate drill."

Hybrid Drill: The Gate (Horizontal Alignment)

Purpose: Correct toe or heel misses.

- ▶ **The Setup:** Place two tees (or head covers) slightly wider than the hybrid's head, creating a "gate". Place your ball in the center of the gate.
- ▶ **The Goal:** Strike the ball cleanly without hitting either tee/headcover.
- ▶ **Assessment:** What if I hit either of the tees or head covers?
 - Outside tee: You are striking the toe. Stand slightly closer to the ball.
 - Inside tee: You are striking the heel. Stand farther away from the ball.
 - Work on keeping your posture throughout the swing.

When it comes to distance, the most important thing is knowing how far YOU hit each of your clubs. Someone else hitting a different club in the same situation has no bearing on what the right choice is for you.

- [PGA Certified Coach Char Bendt of Prosper, TX](#)

Solid Hybrid Shots with

[Jane Stangl, Ph.D. of Conway, MA](#)

Purpose: Solid ball-striking with a strong finish.

- ▶ At set-up, place a second ball 6" behind your ball. As you start to take your club back, slowly push the second ball in a straight line away from the target.
- ▶ Work with weighted clubs or kettle balls. Mimic the golf swing with these devices.
- ▶ Over-exaggerate your finish. Beginners tend to *decelerate* at impact. Consciously move forward through the ball with more energy; push the club high, away and around – accelerate to the finish.
- ▶ Think, "swing low, swing slow to start, swing through and follow through to finish." I actually say to myself, "Slow to begin, fast to finish."



Club Selection: Fairway Wood

"The key to hitting great fairway woods is a high launch angle plus center-of-the-face contact," says [LPGA Certified Coach Karen Nicoletti of Fort Myers, FL](#). "Don't swing 'harder' – just **make clean contact** which equals lower spin and faster ball speed which means more carry," adds Nicoletti. "Hit the turf first, then the ball. Most people lose distance with fairway woods because they try to 'help' the ball up."

When to Use a Fairway Wood

- ▶ Full swing approach shots from the fairway that need to travel far!
- ▶ When your driver isn't working off the tee - use your 3W, for example
- ▶ Advance the ball out of light rough or a flat lie in a fairway bunker (low lip)
- ▶ Bump and run shots around the green

Fairway Wood Drill: Ball-Striking

Purpose: Make clean contact with the ball using a smooth tempo.

- ▶ Ball position is inside heel of your lead foot.
- ▶ Put a towel 4-5 inches behind the ball.
- ▶ Hit shots without touching the towel.

Fairway Wood Drill: Spot Alignment

Purpose: Train yourself to always pick a specific target with this club.

- ▶ Get behind the ball and draw a line visually from the target to the ball.
- ▶ Pick a spot in front of you about 1' to 3' on that same line.
- ▶ Address the ball, aim your clubface at your spot.
- ▶ Always set the clubface first, then set your feet.

Fairway Woods with [PGA/LPGA Certified Coach Molly James of Windsor, CA](#)

Club Distances | With the LPGA's Oneda Castillo

Many new golfers struggle with figuring out how far they can hit each club in their bag. "In golf, we try to learn one basic swing so that we can be consistent, and then we select the right club to take care of the distance," says LPGA Master Professional [Oneda Castillo](#).

Castillo encourages you to figure out which club you can consistently hit **100 yards**. Castillo's favorite "starter" club for new golfers with this goal in mind is frequently **the 7-iron**. "When I'm working with newish golfers, I say let's just start with the 7-iron," said Castillo, "and if we find out that's your 100-yard club, then when you hit your 6-iron, it's going to go roughly 8 to 10 yards farther than your 7-iron. And when you hit your 8-iron, it's going to go roughly 8 to 10 yards shorter than your 7-iron."

Castillo says that knowing for certain which club you can hit 100 yards will allow you to **build your own ruler** of expected distances with the other clubs in your bag. "Remember, the higher the number on the club, the shorter the distance," added Castillo. "All of them will get the ball in the air, but the ball will go lower and farther as the numbers go down, all the way to your driver, also known as the number 1, which is the longest club in your bag. If your wedge had a number, it would be a 10."

Know which club you can hit 100 yards. That is your baseline. If you are facing a longer shot, go down a club number for every 10 yards to hit the ball lower and get more distance. If you are facing a shorter shot, go up a club number for every 10 yards to hit the ball higher and shorter.



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Club Selection: Driver

The driver is the longest club in your bag with the biggest club head and consequently, the most firepower. Your driver is all about distance and is almost exclusively used to tee off on longer holes. "Knowing your driver distance, both carry and total, as well as your general dispersion patterns with this club can be helpful when you face a long hole with bunkers or water features in play off the tee," notes [Mary Reinhardt, an LPGA Certified Coach in Greenville, DE.](#)

When to Use a Driver

- ▶ On most par 4's and 5's off the tee (with nothing in your landing zone)
- ▶ "Off the deck" - without a tee, off the fairway when you need a lot of distance
- ▶ As a measuring stick whenever you take club lengths in a ruling

Driver Drill: Arms Extended

"One of the biggest distance killers with the driver is the collapsing of the arms or 'carrying a watermelon,'" says Reinhardt. "You need width throughout the swing to generate power and gain distance. This requires extending the arms, but not hyper-extending them. Centrifugal force will extend your arms naturally while rotating. You need to allow this to happen and not pull the club back toward your body during the swing."

- ▶ Practice this by hitting shots with $\frac{1}{4}$ swing with arms extended.
- ▶ Move to half swings, $\frac{3}{4}$ swings and full swings as you progress.
- ▶ Pay attention to your natural arm extension throughout.

Smooth Drives with [PGA Certified Coach Mia Torres of Stockton, CA](#)

Club Selection: Driver (cont'd)

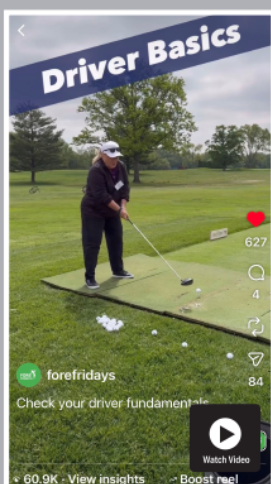
Driver Drills: Set-Up & Alignment

Setup is important with all clubs, but imperative with the driver.

► Set-Up Pointers:

- Ball position is forward, off your lead heel.
- Side tilt: your lead shoulder will be higher and trail shoulder will be lower.
- These two things will help you catch the ball on the upswing, which launches the ball higher and helps it go farther!

Driver Videos - Tap to Play!



► Alignment Check with LPGA Certified Coach Mary Reinhardt of Greenville, DE:

- Always pick a target when playing or practicing.
- Use two alignment rods or clubs to form a set of tracks on the ground in front of you.
- Aim the farthest rod from you at the target. Lay the second rod closer to your feet and parallel to the target line.
- Put your ball inside the tracks. Swing through the tracks and observe the direction the ball travels.
- Watch this video for another way to check your alignment!



Club Selection: Driver (cont'd)

"Distance is affected by swing speed," says **PGA/LPGA Certified Coach Juliet Little of Gillette, NJ**. "Increasing swing speed through impact is crucial to hitting it farther, especially with the driver."

Driver Drill: Whoosh!

Purpose: Increases club head speed.

- ▶ Flip your driver over and hold it near the club head with the grip hovering just above the ground.
- ▶ Take a few quick swings to hear the "whoosh" of the grip through the air.
- ▶ Ideally, when the club reaches the point just after where the ball would be is where you want to hear that sound.
- ▶ If you hear it more on your downswing, you are expelling more energy before you hit the ball, slowing down through impact and losing distance.
- ▶ Once you hear the "whoosh" in the right spot, you can flip the club over and swing it normally, trying to hear that sound again.

**Driver Drill with LPGA Certified Coach Lindsey Hassler of Plainfield, IL**

Purpose: Trains use of lower body to gain more yardage.

- ▶ Place a folding chair about a fist length away from your leg that is closest to the target.
- ▶ Bring your club back and pause at the top.
- ▶ From here you want to drive your hips/knees toward the chair, when you are driving your hips into the chair let the club naturally drop.
- ▶ Your hips should be pulling the club down.
- ▶ Once your hips drive into the chair then you can complete the swing.





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The Long and Short of It

“Par 5”

Golf courses vary widely in terms of length, terrain, water features, trees, grass types, bunkers and more. What many have in common, however, is a combination of eighteen Par 5, Par 4 and Par 3 holes that typically add up to a score of 71 or 72.

Generally speaking, a **Par 5 Hole** is the longest of the three. A par 5 hole requires three good shots to get the ball on the green, allowing for two putts to make par.

Par 5 holes typically measure at least 450 yards from the back tees.

The longest Par 5 played on the PGA TOUR is over 770 yards.



The “Forward tee” is the teeing ground closest to the hole. Distances from here on a typical par 5 range from 370 to 575 yards.

Back tee (“The tips”)

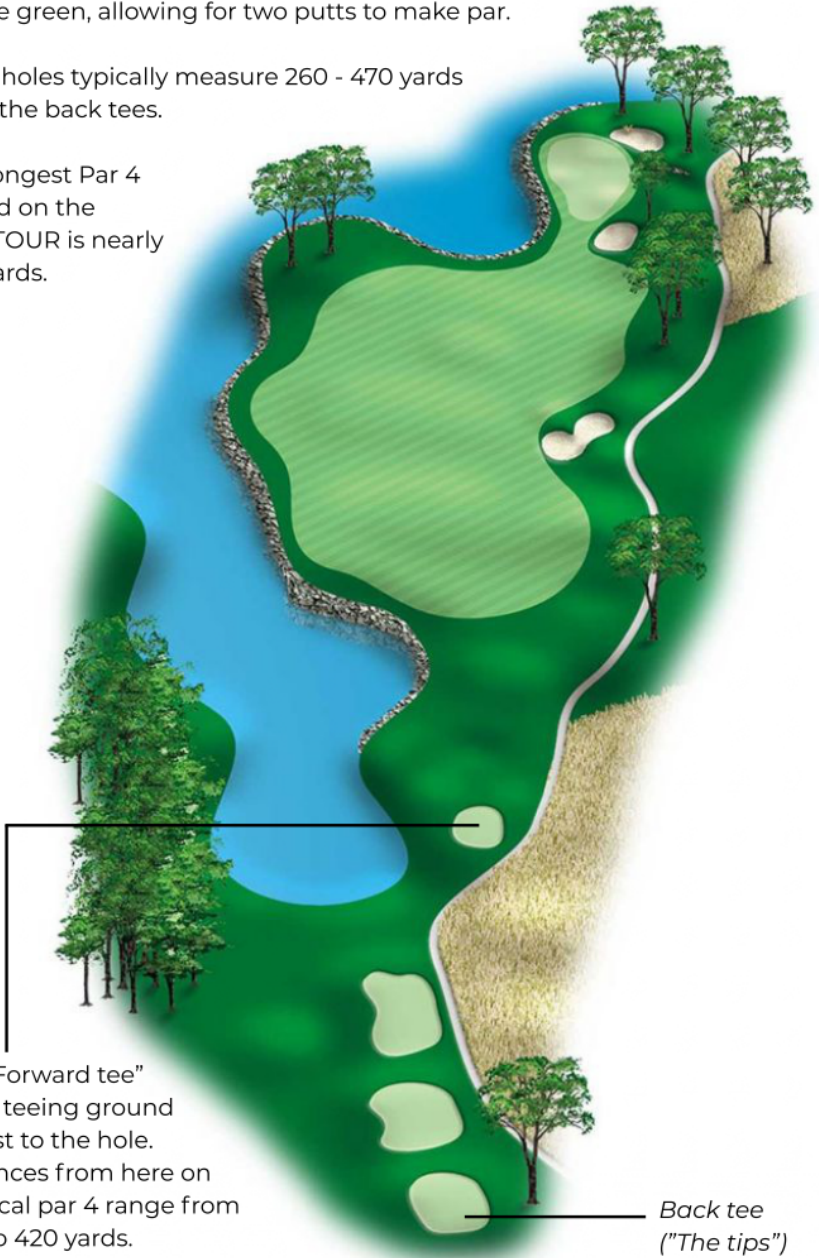
Par 5 18th - Stonewater Golf Course (Ohio)

“Par 4”

A Par 4 Hole requires two good shots to get the ball on the green, allowing for two putts to make par.

Par 4 holes typically measure 260 - 470 yards from the back tees.

The longest Par 4 played on the PGA TOUR is nearly 525 yards.



The “Forward tee” is the teeing ground closest to the hole. Distances from here on a typical par 4 range from 200 to 420 yards.

Back tee
("The tips")

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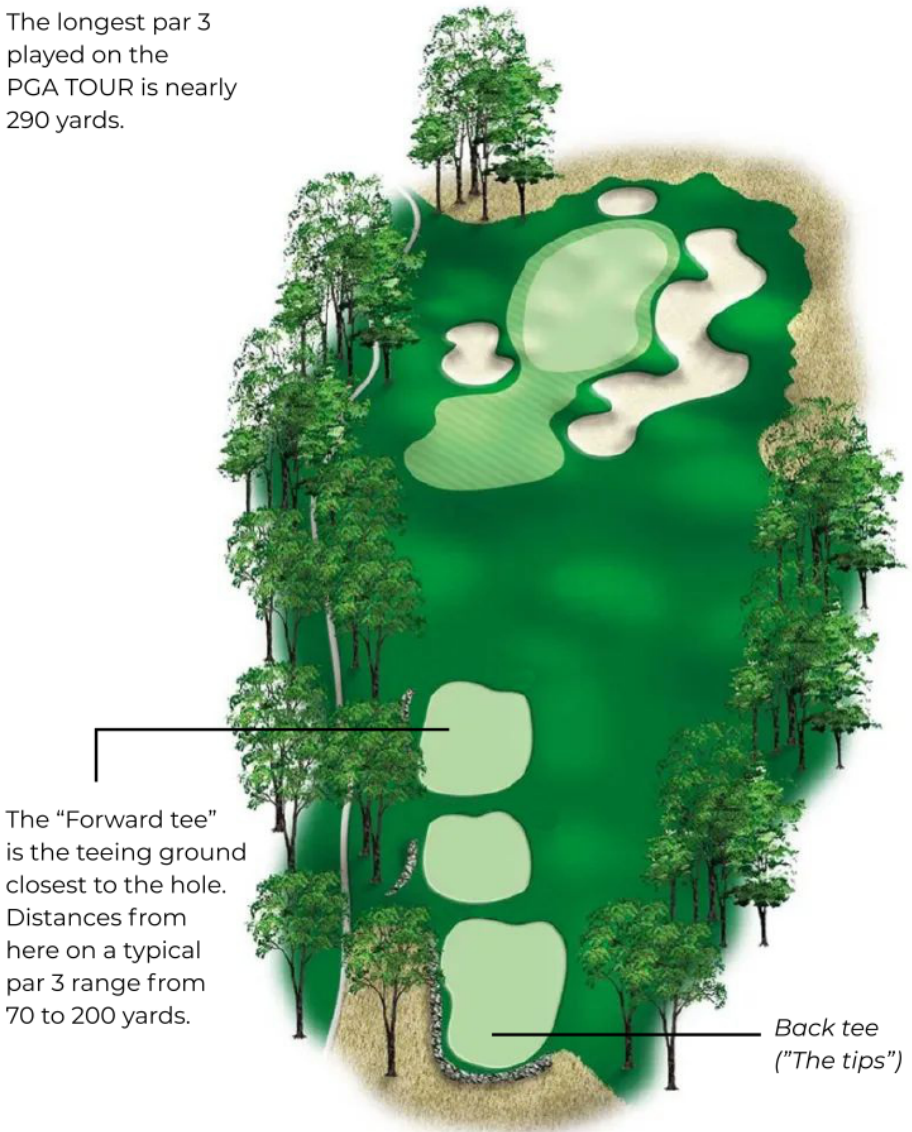
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“Par 3”

A Par 3 Hole requires one good shot to get the ball on the green, allowing for two putts to make par.

Par 3 holes typically measure 90 - 240 yards from the back tees.

The longest par 3 played on the PGA TOUR is nearly 290 yards.



The “Forward tee” is the teeing ground closest to the hole. Distances from here on a typical par 3 range from 70 to 200 yards.

Back tee
("The tips")



Put Me In Coach: Am I Ready to Play?

Many new golfers wonder when they will be **“good enough”** to successfully make their way around a golf course. Hitting golf balls on a driving range or chipping balls from the same spot to a practice green helps build confidence, but it's obviously not the same as playing 18 holes of golf across varying terrain with trees, water, sand, wind and more factoring into every shot (not to mention having playing partners and the added pressure of others' eyes on you as you hit your golf ball). All that aside, take these cues from our PGA/LPGA Coaches to help you determine **the best time to start taking it to the course.**

“If you make contact with the ball 70-80% of the time, take it to the course,” encourages **LPGA Certified Coach Jill McGill of Denver, CO**, a former LPGA Tour player and the 2022 U.S. Senior Women's Open Champion. “There are no rules on how you have to play on the course in a social round. You just need to be able to **keep up with the pace of play** and be courteous. Tee it up in the fairway if you like. If you don't plan to keep score, give yourself some space and grace to make the time on the course enjoyable to you! This is your game, your time, your walk in the park. Choose how you want your walk to be.”

“Golf is a game of etiquette and to be successful and respected as a player, you must **know the rules**,” says **Jocelyn Jones, a PGA/LPGA Certified Coach in Sacramento, Calif.** “I teach the Rules of Golf with every lesson. I take my students on the course to walk them through a few actual holes to show them in real time what we've learned. This builds confidence and makes them course ready.”

Am I Ready to Play? (cont'd)

"You are 'good enough' to play on a golf course if you can **advance the ball in the air** and keep a good pace of play," notes [LPGA Master Professional Deb Vangellow of Sugar Land, TX](#). "This means it is okay to play golf on the course if you are a new player. Don't worry about keeping score until you are comfortable with this after playing awhile. Keep a good pace by picking up on a hole if you are out of play and continue onward with your group to putt or try the next tee shot. I like to get new golfers out there playing ASAP so they can enjoy the game while learning on the course."

"Go to a golf course, stand near the 1st tee and watch a few groups tee off," says [Jean Platt Spencer, an LPGA Certified Coach in New Jersey](#). "You'll notice many are not great. For most U.S. courses, there is no set handicap level required to play. **Play the right type of course for your game** in the beginning to help with your comfort level. A Chip and Putt course (all par 3's) is a great place to start, or an Executive course (only par 3's and 4's). Play a scramble format with friends so you don't have to play your own shots every time. Just go play and enjoy it! Before I played my first round, I thought golf was a dumb game for old people, and then I got hooked by the challenge."

"If you can hit the ball off a tee and chip and putt reasonably well for a new golfer, you are ready to get out on the golf course," says [Rita Slavetskis, an LPGA Certified Coach in Hilton Head, S.C.](#) "Beginners should adjust the par that is listed on the scorecard. For example, **double the par for each hole and make that your starting par** to manage expectations. You can also start playing a hole from the 50 or 100 yard marker rather than the full tee, and then move progressively back as your skills improve. Focus on the good shots made during the round, forget the bad. Stay positive, and remember: learning golf is a progression."





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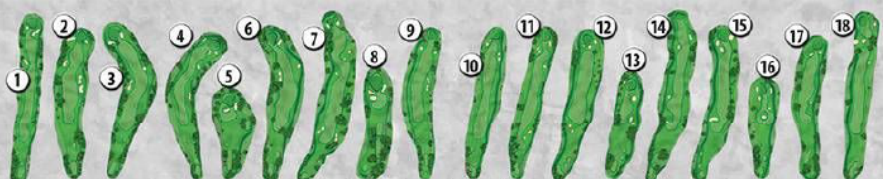
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The Scorecard | With the LPGA's Ashaunta Epps

When you can make decent contact with the ball and are comfortable going out on the golf course, you'll probably start keeping score. Every attempt to hit the ball counts as a stroke, including when you swing and miss. No matter how ugly or beautiful it is, whether you whiff or strike the golf ball, it counts.

There are 9 holes of golf on the "front" side (a.k.a. "Out") and nine holes of golf on the "back" side (a.k.a. "In"). For each hole played, count and record the number of strokes you make until the ball is in the hole. Total up the front and the back to get your 18 hole score.

As you will see, many scorecards offer more than just a place to write your scores. A golf course's scorecard provides helpful information such as the yardages for each hole from the different teeing areas, the handicap for each hole (indicating difficulty*), an overall course layout and in some cases, the layout of each hole as well. Studying a scorecard before starting your round can be quite helpful, especially when playing a new golf course.



Hole	Men's	Women's	1	2	3	4	5	6	7	8	9	Out	10	11	12	13	14	15	16	17	18	In	Tot	Hcp	Net		
Back	0-14	0-3	530	326	376	364	166	322	507	185	420	3196	451	424	348	213	519	387	220	349	448	3359	6555				
Middle	15-24	4-10	515	315	385	348	153	311	502	150	387	3046	442	418	333	204	511	369	215	299	431	3222	6268				
Silver	25-32	11-20	492	315	291	300	135	311	439	132	365	2780	415	353	333	181	473	346	180	299	414	2994	5774				
Handicap			3	11	9	7	15	13	6	17	5		2	8	16	10	12	14	4	18	1						
+/-																											
Par			5	4	4	4	3	4	5	3	4	36	4	4	4	3	5	4	3	4	4/5	35/36	71/72				
+/-																											
Forward	33+	21+	446	262	291	263	108	273	439	102	321	2505	368	353	319	163	449	319	144	282	414	2311	5316				
Handicap			3	11	7	5	15	13	1	17	9		2	4	16	10	6	12	8	18	14						
Course Ratings: Men's Blue = 71.6/129 • Men's White = 69.9/124 • Silver = Men's 67.9/118 Women's 74.5/132 • Women's Red = 71.4/126																											
Date:	Scorer:											Attest:											 (800) 410-0264				

*Handicap ranks each hole from hardest (1) to easiest (18). You can see here from the Forward (red) tees, that Hole #7 is the hardest, followed by Hole #10, Hole #1, and so on.



The Rules of Golf: Common Situations

Many games have specific rules that govern play. Golf is no exception, but sometimes new players can be intimidated by golf's rules and not sure how to proceed when faced with a possible infraction. For example, what happens if I hit it in the water? Or, how do I apply penalty strokes?

The United States Golf Association (USGA) "Rules Hub" is a great place to explore all the Rules education materials available. The topics and links listed here will provide quick and easy access to some of the more common situations golfers encounter on the course. Each topic includes helpful videos demonstrating proper procedure, answers to FAQ's as well as links to applicable Definitions and more detailed text from the Rules of Golf. To visit any subject, [tap the green button](#) to get the scoop!

► Abnormal Course Conditions

- Ground under repair
- Temporary water
- Immovable Obstructions
Examples: Cart paths, sprinkler heads
- Embedded ball



► Penalty Areas

Marked with either red or yellow stakes and/or lines



► Out of Bounds/Lost Ball & Provisional



► Putting Green



▶ Loose Impediments & Movable Obstructions

- Loose Impediment (natural object)
Examples: Stones, leaves, twigs, grass clippings
- Movable Obstruction (artificial object)
Examples: Bunker rakes, penalty area stakes



▶ Unplayable Ball



▶ Bunkers



▶ Ball Moved or Deflected



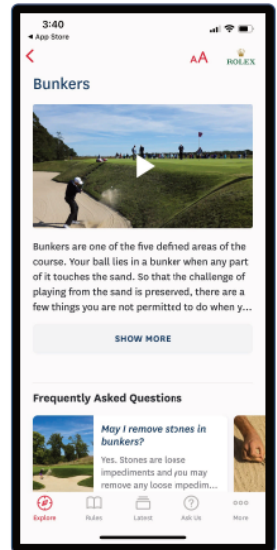
Use the Official Rules of Golf Mobile App for Rules help on the go. Along with the entire text of the Rules of Golf, the app includes additional features such as videos and diagrams, answers to FAQ's, and the ability to search by text or voice to apply the Rules in situations most commonly encountered.

[Download Official Rules of Golf Mobile App](#)

[Rules of Golf Explained – Videos \(short & sweet\)](#)

[15 Rules Every Golfer Should Know \(poster\)](#)

Rules 101 – Online learning tool that provides solid foundational knowledge on the Rules situations encountered most frequently during a round of golf complete with in-depth, explanatory videos on nearly every single topic and the flexibility to learn at your own pace. This course is appropriate for anyone new to the game or to the Rules, but also for nearly anyone who does not already have advanced Rules knowledge.



Robin Jervey is the Director of Event Management for JBC Golf and has served on both the USGA Rules of Golf and Handicap Procedure Committees. She has officiated at the Masters, U.S. Open, U.S. Women's Open and has taught numerous Rules of Golf workshops and Handicap Seminars. To ask Robin a Rules of Golf or Handicap System question, email her at rjervey@jbcgolf.com.



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Golf Etiquette: Know Before You Go

While you do not need to be a great player to be invited to play, following protocol in the game of golf will surely get you invited back.

Before You Play:

- Always contact the pro shop.
- Reconfirm tee time.
- Ask about club and course policies (dress code, tipping, caddies, dining, locker room, cell phone use).
- Payment policy – policies can vary greatly from club to club; some take cash only, others accept no payments of any kind with all charges billed to the member(s).
- Get directions to the course or an address for your GPS.

If You are the Host:

- Reconfirm with everyone.
- Arrange for payment if you are picking up the tab, or let your guest(s) know the payment amounts and policies.
- Inform your guest(s) of any club policies that they need to adhere to (dress codes, pace of play, caddies, cell phone use).
- Arrive early – before your guest(s).

If You are the Guest:

- Arrive at least ½ an hour prior to your tee time.
- Make any payments promptly upon arrival.
- Bring cash for caddie fees and tips: Bag Drop (\$2-\$5/bag), beverage cart or halfway house (20%), caddie fee (\$100-\$150/bag); caddie tip (\$20-\$50/bag), cart return area/club cleaning (\$2-\$5/bag)
- A small token for your host, especially if she is a client or paid for golf!



Golf Etiquette: Around the Course

On the Tee:

- The player who scored the lowest on the previous hole technically goes first. If it's you, be aware of this and take the honor. "Ready golf" - which is playing out of turn if you are ready to hit - can be encouraged to speed up play.
- Watch your tee shot and everyone else's - this helps in locating balls.
- Quiet is queen - do not move, talk or whisper while others hit.

In the Fairway:

- The farthest from the hole goes first. Be ready!
- Decide yardage and club selection while others hit so you are ready.
- If all players are in the same general vicinity, play ready golf.
- If a player is looking for her ball and she is not in the way of your shot - announce that you will go ahead and hit.
- Be realistic - if the group ahead is on the green 250 yards ahead and you have never hit a ball longer than 150 yards, you won't now.
- Replace or fill all divots based on the course policy.



In the Bunker:

- Avoid stepping on the edge of the bunker.
- If you are near the green, take your putter and clubs for chipping.
- Enter the bunker on the side that is the flattest and closest to your ball.
- Take the rake with you. It's ok to place your clubs in the bunker.
- Rake the bunker after your shot.
- Place the rake in accordance with course policy.

In the Woods, Water or Any Other Undesirable Place:

- Help look for lost balls.
- Resist hitting impossible shots - take your medicine and move on.

Golf Etiquette: Around the Course

On the Green:

- Farthest from the hole goes first.
- Closest to the hole attends or removes the flagstick.
- Mark and lift your ball – especially if it may be in someone's way.
- Avoid stepping on the line of another player's putt.
- Stand where you (or your shadow) will not interfere with another's putting.
- Be quiet (don't even whisper) and stay still during putts.
- First in the hole is in charge of the flagstick.
- Repair your ball mark and at least one other.
- Avoid stepping on the hole or digging the ball out with your putter.
- Once everyone has holed out – move off the green immediately.

In the Cart:

- Obey all cart rules and follow all cart signs.
- Park the cart in a safe spot – never ahead of someone hitting.
- Don't be a cart hog and drive to your ball every time.
- Be aware of others in your group – stop/let them hit.
- Use common sense – if you are not sure if the hill is too steep, or the terrain too rugged, chances are it is – don't do it.

In General:

- Maintain the pace of play – you should keep up with the group ahead or let faster groups play through.
- If you are having trouble, don't be embarrassed to pick up your ball before completing the hole. Do better on the next one!
- Turn off or silence all mobile devices.
- Compliment others on good shots or good attempts.
- Don't offer advice to other players unless you are asked to do so.
- Never swing your club if anyone is near enough to be hit either by the club or something you may hit.
- Avoid emotional outbursts. As LPGA Hall of Famer Sandra Haynie once said to an amateur player, "You are not good enough to get that angry. Let the pros get hot – they get paid!"

Après Golf:

- Stay for a beverage afterward - rehash great shots and plan your next golf date.
- If you have business to discuss, this is the time! Avoid discussing business on the course unless a client or superior brings it up.
- Read this quick take on [Better Business Golf](#) with Jane Blalock!

Golf Terms | Get Into the Lingo



ACE: A hole-in-one.

APPROACH: Any shot to the green.

BALL MARK: The depression that a ball makes when impacting a green.

BEST BALL: A type of competition in which typically 2 or 4 players form a team and each plays her own ball. The lowest gross or net score shot by an individual player is recorded as the team score on each hole.

BIRDIE: A score of one less than par on any hole.

BOGEY: A score of one more than par on any hole.

BREAK: The amount the path of a putt ball curves, or the amount the green itself curves or slopes.

BUNKER: A specially prepared area of sand.

CARRY: How far a ball travels in the air after being struck until it hits the ground.

CHIP: A low shot around the green that rolls farther than it flies.

DIVOT: A piece of turf lifted out of the ground by the impact of the clubhead after a stroke.

DOGLEG: A right or left bend in the fairway.

DRAW: A slightly curving shot from right to left for a right-handed player. The opposite for a left-handed player.

EAGLE: A score of two less than par on any hole.

FADE: A slightly curving shot from left to right for a right-handed player. The opposite for a left-handed player.

FAT: Striking the ground with your club before you hit the ball.

FORE: A cry of warning issued when a person is in danger of getting hit by a ball.

FRINGE: Short grass around green.

GIMME: A short putt that is conceded. The stroke counts. No gimmies are allowed in stroke play competition.

GREEN: Area of the course where the hole is located with the shortest grass specially prepared for putting.

HANDICAP: A numerical measure of a player's potential, allowing golfers of different skill levels to compete fairly - based on a player's best 18-hole scores.

Golf Terms | Get Into the Lingo

HONOR: The right to tee off first because you had the lowest score on the previous hole.

HYBRID: A cross between a wood and an iron, often easier to hit.

LAG PUTT: A long putt - a good lag putt positions the golfer to have a make-able follow-up putt.

LIE: The position of the ball on the ground.

LIP OUT: A missed putt that hits the edge of the hole.

MULLIGAN: A second chance at the same shot (used in friendly play). Mulligans are not allowed under the Rules of Golf.

PAR: Measured by the number of shots needed to reach the green plus two for putting. Par for the golf course is calculated by adding the hole pars together. Typical par for a regulation course is 72.

PENALTY AREA: Any area of the course marked with red or yellow lines or stakes (with or without water).

PIN: Slang for flagstick marking the location of each hole.

PITCH: A high shot to the green that flies farther than it rolls.

RELIEF: The process of putting a

ball back into play by dropping/placing according to the Rules.

ROUGH: The long grass or natural area bordering the fairway or green.

SANDY: When a golfer still makes par after escaping a bunker.

SCRAMBLE: Team format where all players hit from the best positioned ball on shots following the tee shot.

SLICE: For a right-handed player, a ball that curves from left to right more severely than a fade (For a left-handed player, it's the opposite).

TEE MARKERS: Most courses have at least three sets, each a different color set at varied yardages to mark the start of each hole.

UNPLAYABLE LIE: A ball in a lie that is extremely challenging to hit. Players may deem a ball unplayable at any place on the course, except when the ball is in a penalty area.

WEDGE: Wedges are a subclass of irons which have a loft greater than that of a 9-iron (more than 44°).

WHIFF: An attempted stroke that misses the ball. The stroke counts.

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