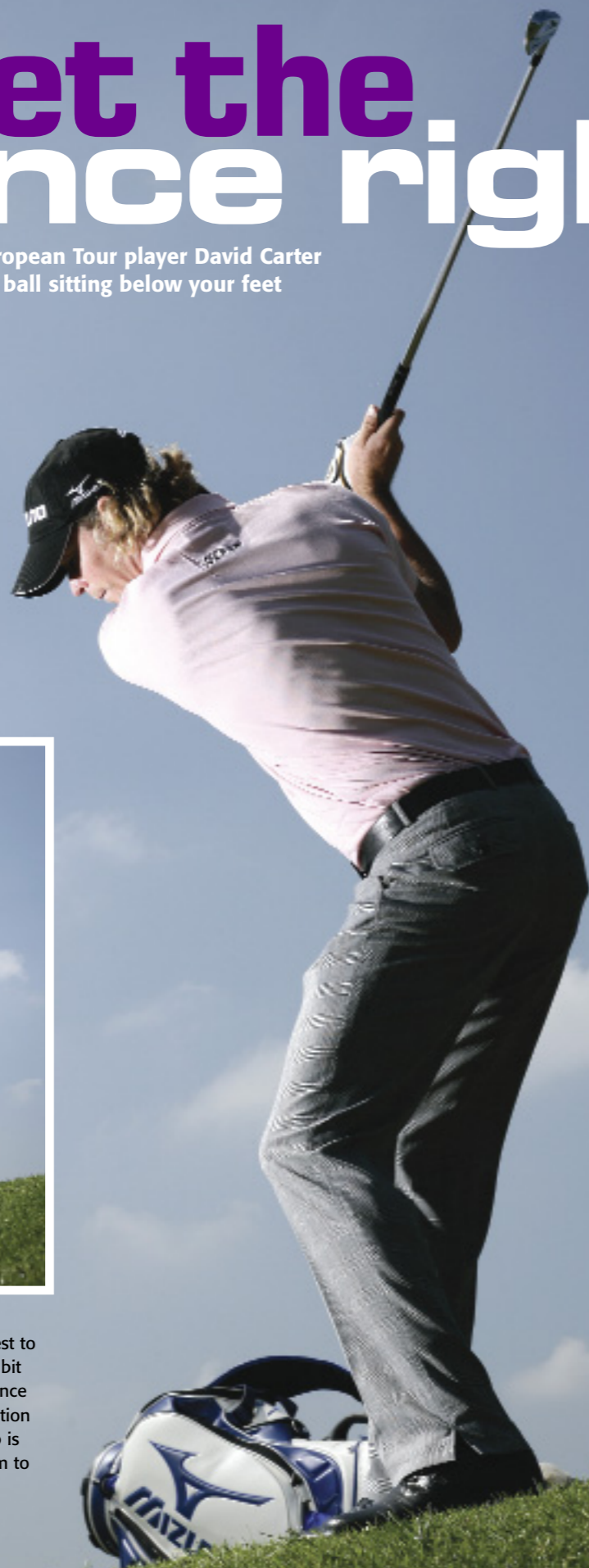


Get the balance right

Former Irish Open champion and European Tour player David Carter demonstrates the best way to play a ball sitting below your feet



MAKE YOUR BASE

Of all the sloping lies this is probably the toughest to get right. One of the keys is to flex your knees a bit more than normal (see inset) and widen the stance slightly to encourage a comfortable address position and a balanced swing. Due to the slope the club is going to open during the downswing so take aim to the left of the target



KEEP YOUR LEGS QUIET

One of the biggest faults many amateurs will fall into is losing balance after impact (see inset). To stop this keep your weight back on your heels and try to hit the ball a little softer with plenty of club. Also keep your legs as quiet as possible and stay with the slope. Despite the lie you should still be looking for a balanced high finish

David Carter, winner of the Irish Open and World Cup in 1998, is a Mizuno staff player who is currently playing on the European and Challenge Tours