

Chipping Training Plan

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Chip Technique

The 4 Phases of Skill Development in Technique Training

Patience and self-initiative through consistent additional training are essential here.

- **Unconscious Incompetence** – Learning a **new** movement
- **Conscious Incompetence** – Becoming **aware** of what you do not yet master
- **Conscious Competence** – Applying the movement with **active** focus
- **Unconscious Competence** – Executing with just **one** thought, **automatically**

Chip Technique

Variation: Neutral Chip – Glide the sole through the grass

- Max. **half** backswing **without** forearm rotation
- Ball position in the **middle**, weight evenly distributed (50/50)
- **Left** hip and foot slightly **open** toward the target
- **Left palm** more on top of the **grip**, not in the **fingers**
- Let the **sole** of the club **glide** through the **grass** in the follow-through
- Allow and feel trunk and hip rotation toward the target

Chip Technique

Variation: Neutral Chip / Leading Edge ("knife-like") – also crosshanded chipping

- Ball position slightly towards the **right** foot, weight **60% left / 40% right**
- Upper arms close and **compact** to the body, **straight-down** motion to the ball
- Club shaft rests lightly against the **left** thigh, shaft must not **overtake** the grip at impact
- Maintain **rhythm**, change only the club as needed
- Train using a metronome (*see Spotify link next page*)

Chip Technique

Variation: Neutral Chip – Consistent Rhythm & Swing Arc

- Up to **7m**: SW or PW, same setup as above
- Up to **15m**: PW, same setup
- Up to **35m**: PW, 9-iron or 8-iron, ball position more to the right
- 1/3 flight : 2/3 roll with 9- and 8-iron
- **50/50** flight/roll with gap wedge and pitching wedge
- **60/40** flight/roll with sand wedge
- Keep the **rhythm**; just change clubs
- Metronome: **Spotify 40–300 BPM**

[Link: Spotify: Metronome 40-300 BPM](#)

Chip Technique

Variation: Putt Chip – Putting with an Iron (also crosshanded)

- For distances 7–35m, use a **9-iron** or **PW**
- Rest the club on the **toe**; contact the **lower** equator of the ball
- Ball slightly **left** of center, **putting grip**, torso **tilted** forward, left eye slightly **over** the ball
- Perform a putting-style stroke; the feel is still a **descending** motion on the ball
- Ball **pops** slightly and rolls a short distance depending on the swing length

[Trainingsvideos zu Chippen](#)

Chip Technique

Chipping Drills – If contact is too fat or thin:

- Place a basket 1.5m **behind** the ball for **pendulum** swing awareness
- Place 3 balls **diagonally** and chip the **middle** one, maintaining a straight swing **path**
- Place **two** clubs or alignment sticks **parallel** – swing must stay **within** them

Chip Technique

Chipping Drills – Continued:

- Place a tee in **front** of the ball to improve strike – descend **directly** onto the ball
- Stick an alignment stick **vertically** in the ground in front of your head – prevents **swaying**
- Place an alignment stick 30 cm **behind** the ball – avoid hitting it in the **downswing**
- Place a **towel** under both **upper arms** – encourages **compact** swing motion

Chip Technique

Drill Application for All Variations (neutral, leading edge, putt chip):

- 10 balls per distance (**short** <7m, **mid** <15m, **long** 25–35m)
- 10 balls **alternating** lengths
- **8x Up & Down** (chip + putt) – partner option; 4 successful = very good
- **5 balls** thrown randomly – play as they lie (ideal around chipping green)
- Practice **chip-ins** with 8 balls up to 15m

Chip Drills

Practicing Flight-to-Roll Ratios

- At **4 stations**, play **6 balls** each to targets with two marked circles: **90cm and 180cm radius**
- Hole **close** to the green edge
- Hole **far** from the green edge
- Medium-distance hole **downhill**
- Medium-distance hole **uphill**

Chip Drills

What to Expect: Flight-Roll Ratio in Chipping

Issue 1 & 2: Dosage errors due to wrong club selection

- Repeat with correct clubs: **SW, GW, PW, 9-iron, 8-iron**
- Drill: Land the ball in a marked rectangle (tees), **observe** rollout

Issue 3 & 4: Dosage errors due to misjudged rollout

- Adjust for conditions and re-do with proper club and **land point** awareness
- If contact too shallow: use basket drill; check ball position & weight distribution

Chipping Pre Shot Routine

Short, Medium & Long Chips: Routine Focus

There are two zones:

- **Decision Zone** (**behind** the ball): make decisions, no movement
- **Execution Zone** (**at** the ball): no more thinking, just commit

Chipping Pre Shot Routine

Pre-Shot Routine Step-by-Step

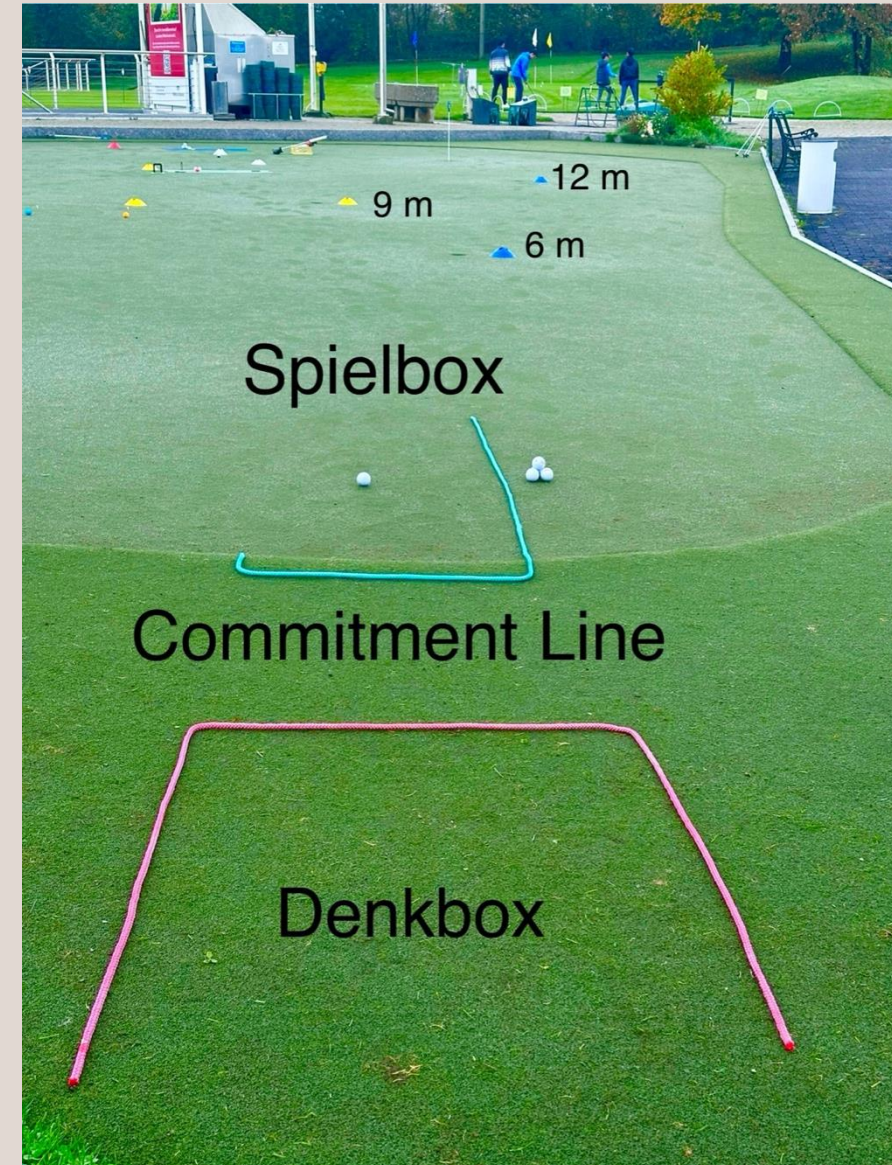
- Stand **behind** the ball
- Scan the **entire** green
- Read slopes and contours from **all** angles
- Evaluate undulation from **four** sides of the flag

Chipping Pre Shot Routine

- Step into **commitment line** and make 1–2 practice swings
- Address the ball; focus 2/3 on the **target** (flag), only 1/3 on the ball
- Visualize a **chip-in** or finish within **1m circle**
- Glance briefly at the ball, then chip without **adding** more **thoughts**

Pre Shot Routine Visual Aid

Use this **routine visual** from our personal coaching as a **guide** Refer to it when practicing independently to **reinforce** the learning



Chipping Test Sheet

Flight-Roll Ratio

5 attempts per station with own balls – use impact tape
Mark where the ball lands and where it stops; log poor contact Note which club was used

5 Versuche pro Station mit eigenen Bällen. Es soll Impacttape genutzt werden.
Dort wo der Ball landet und dort wo er liegenbleibt die Zahl des Balles eintragen. Rechts Eintragungen über schlechtes Treffen machen (bei gut leer lassen). Bitte die Schlägerwahl eintragen.

Name: _____

Station 1: 12m Chip; Zielkreis 1,2 m Radius

Schlägerwahl:

Schlag	f=fett	d=dünn	s=spitze	h=hacke
1				
2				
3				
4				
5				

Station 2: 18m Chip; Zielkreis 1,8 m Radius

Schlägerwahl:

Schlag	f=fett	d=dünn	s=spitze	h=hacke
1				
2				
3				
4				
5				

Zielkreis getroffen: _____ /10

Hdcp fürs Chippen

10	=	+ 5
9	=	+ 3
8	=	0
7	=	3
6	=	7
5	=	12
4	=	16
3	=	21
2	=	30
1	=	40
0	=	50

SW	Flug	Roll	E9	Flug	Roll	E7	Flug	Roll
1	3m		1	3m		1	3m	
2	3m		2	3m		2	3m	
3	3m		3	3m		3	3m	
4	3m		4	3m		4	3m	
5	3m		5	3m		5	3m	
Schnitt:	3m		Schnitt:	3m		Schnitt:	3m	



Chip Drills

Sloped Lies – 4 Situations

- **Play 5 balls** per station into two imagined circles (2m & 4m radius):
- Uphill lie
- **Downhill** lie
- Ball **below** feet
- Ball **above** feet

Chip Drills

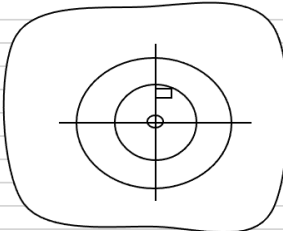
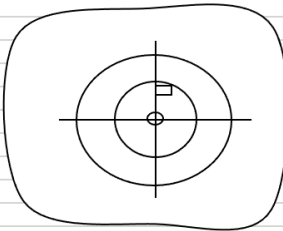
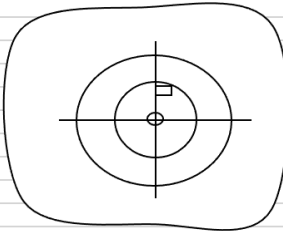
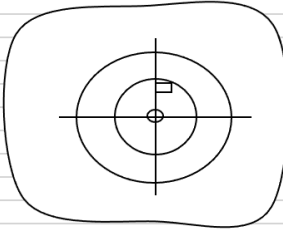
Common Challenges in Sloped Lies

Refer also to pitching plan for more detail

- **Issues 1 & 2:** wrong club or poor adjustment to slope – retrain with variation
- **Issues 3 & 4:** directional errors due to slope – repeat in 2m corridor
- **Poor contact:** if angle too shallow → use basket drill, check stance & balance

Chipping Test Sheet

Play 5 balls to the flag; mark the result (e.g. Ball 3) Note any mishits or directional issues; record club choice

Lage	Schläger	Ziel	Schlag	f=fett; d=dünn; Ausrichtung
Bergauflage	_____		1	
			2	
			3	
			4	
			5	
Bergablage	_____		1	
			2	
			3	
			4	
			5	
Ball oberhalb	_____		1	
			2	
			3	
			4	
			5	
Ball unterhalb	_____		1	
			2	
			3	
			4	
			5	

Chipping Questionnaire – Sloped Lies

(Section reserved for student
feedback and reflection)

Hanglage	Theoriewissen	Praxis (Trainerkommentar)
Bergauflage		
Bergablage		
Ball oberhalb		
Ball unterhalb		