

How to add backspin to your golf ball

Submitted by

Brett Redden, Canadian PGA Professional

Choose only a short iron when you want to hit a golf ball with backspin. Most amateurs find it very difficult to make a club longer than a 7 iron react in this manner. Start practicing with a wedge, and then work your way up to an 8 iron when you begin to feel more comfortable. Shorter irons are much easier to control, and putting backspin on the ball is something you should be able to do with a little practice.

The position of the ball is critical to being able to make it back-up. Instead of positioning the ball in front of your stance, much as you would with a driver, place the ball in the back of your stance when you hit your short irons. By doing so, you will be forced to hit down on the ball which will create the backspin. A word of advice...make sure you hit the ball first, creating a divot AFTER the ball is struck, or you will not be able to control the shot.

Too often, golfers overlook the obvious when they attempt to hit a ball with backspin. As a general rule, the softer the golf ball, the easier it is to impart spin. So if backspin becomes an important element of your golf game, think about using a softer ball. Generally, 2 piece golf balls(ie: pinnacle, top flite) are used by golfers who are more interested in distance. If you are interested in both distance and the ability to impart maximum spin, you'll most likely find 3 piece or 4 piece golf ball (Callaway IX or Pro v 1) to your liking.

Any questions regarding this tip, or if you require help with your game contact your local Canadian PGA Professional.