



Jeremy Dale's Trick Shot Clinic not only teaches you the snazziest shots in golf but also allows you to get your mitts on some uber-cool prizes. This month, it's a case of how high can you go! As always, your top High Tee tries will be rewarded with a signed Manchester United shirt or a fourball at Yas Links! All you have to do is follow Jeremy's simple trick shot instructions, scoot down to your local club with a camera and upload your efforts to our popular Facebook page. Jeremy will then pick two lucky winners - the best shot and the most inspired effort!

How To Enter?

1. Send your best High Tee attempt to us
2. Upload it to our Facebook page (www.facebook.com/pages/Middle-East-Golfer/179784528709179)
3. Leave your name, age and golf handicap



JEREMY DALE'S TRICK SHOT CLINIC



THE HIGH TEE

This intriguing trick shot is almost as old as golf itself! It looks so easy, but most golfers will miss the ball entirely, going under it and thus dramatically smashing their tee to pieces! The key is to stand further back from the ball and adopt a flat swing. The problem, however, is this method is pretty counterintuitive - hence the challenge!

STAND TALL OR MISS THE BALL!

You really don't need to alter your swing too much - it is mostly your posture that changes. Instead of bending from the hips, as you would do for a normal golf shot, you must stand a little taller. If the body is more vertical then the shoulder and hip turn will automatically be more horizontal, which is what you need to successfully pull off the trick. For standard shots the hips turn on an angle. With the High Tee they turn level. As the tee gets higher and higher you actually have to lean back from the ball, at which point the hips will once again turn on an angle - just the reverse angle...a bit like a 70's rock dance (watch any Sex Pistols video and you'll see what I mean!). If you make any contact at all you have done better than most. Once you get the hang of it, you can then start shaping shots (hooks, draws, lows and highs), have a go left-handed or, if you're mega stylish like me, build a beanstalk-sized tee, stand on giant exercise ball and try your luck!



HOW TO MAKE THE HIGH TEE?

You have two easy options, none of which require Blue Peter-style D.I.Y skills!

1. Take an old broken shaft and use the hole at the top to insert a tee, then just stick the broken end into the ground. Be careful though, the shaft is very hard and can easily damage your driver if you catch it with the heel of the club (where the shaft meets the clubhead).
2. If you are feeling a bit more creative you can use a 12mm wooden dowel and a spare golf club grip (preferably a flimsy one). Slip the grip over the dowel and then place the tee into the hole at the top.

