Iron Play Fundamentals: Short, Mid, and Long Irons

Key Concepts Covered

- Short irons include wedges, 9-iron, and 8-iron. They are easier to hit due to more loft and shorter shafts.
- Ball position for short irons is centered or slightly back-strike down with a descending blow.
- A balanced and controlled swing is key for all irons-avoid overswinging.
- Mid irons (7 and 6 iron) have slightly less loft and a more forward ball position (closer to front foot).
- You still hit down on the ball with mid irons, creating a lower, more penetrating flight.
- Long irons (5 and 4 iron) are harder to hit and often replaced with hybrids by beginners.
- Ball position for long irons is slightly inside the front foot; the swing is slightly longer and more sweeping.

Pro Tips

- If long irons are frustrating, swap them out for hybrids-they're easier to hit and more forgiving.
- Maintain balance throughout your swing-that's a better indicator of success than distance alone.
- Consistency with irons comes from repetition, ball position awareness, and tempo control.

Next Step: Watch the 'Iron Play Fundamentals' video in your Golf4Biz Learning Center