

# PITCHING

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Pitching Week 3

## When to play a pitch shot:

A player may be required to play a Pitch shot if :

- \* The ball is too far away to chip but too close for a full swing.
- \* You want the ball to travel more in the air than along the ground.

## Which Club to use?

SW, PW or 9 iron.

## SET UP

The key areas to remember when setting up for a Pitch shot are:

- \* **1. Clubface** - should point towards the target (as with putting 90°, see week one clubface aim)
- \* **2. Hold** – ten finger hold or overlap, hands placed towards the bottom of the grip.
- \* **3. Stance & Body Aim** (feet) – just less than shoulder width and slightly wider than for a chip shot. The body should be parallel to target.
- \* **4. Posture** – keeping the back flat tilt forward And slightly bend the knees.
- \* **5. Ball Position** – one inch to the right of centre.
- \* **6. Weight distribution** – 60% on the left leg 40% on the right leg.



**Swing Motion.**

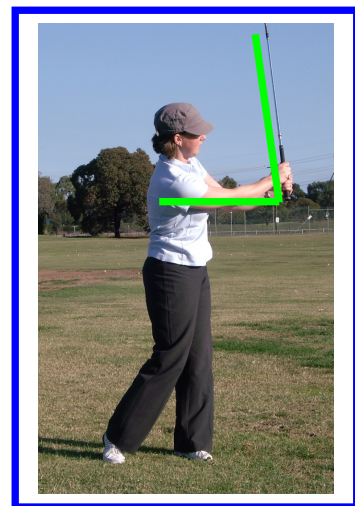
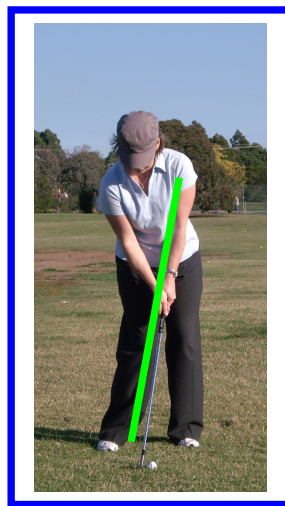
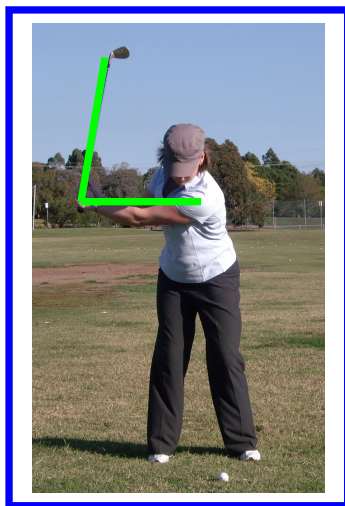
The backswing motion should be where the left arm is parallel to the ground and the club shaft is at an angle of 90° to the left arm – see pic 1.

During the downswing the club should be smoothly accelerated and the follow through should be at least the same length as the backswing or slightly longer due to the acceleration of the club on the downswing – see pic 3.

**1. Backswing**

**2. Impact**

**3. Follow-through**



**Expected ball flights when pitching.**

The ball will spend more time in the air than on the ground.

