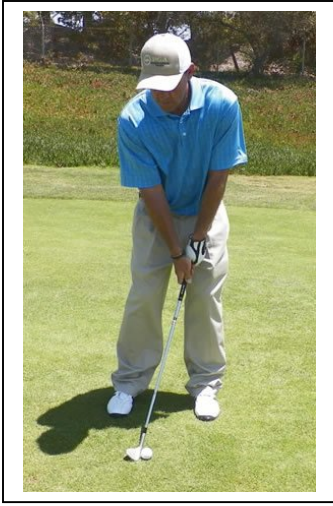
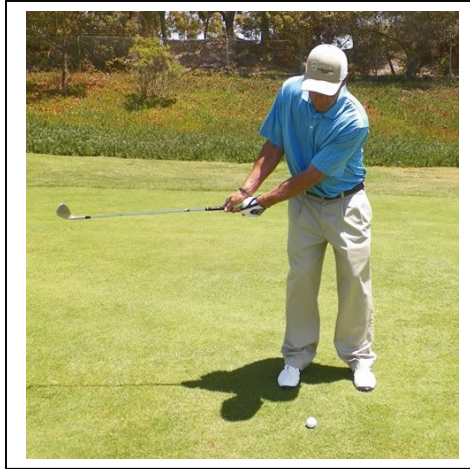


Pitching- The Swing



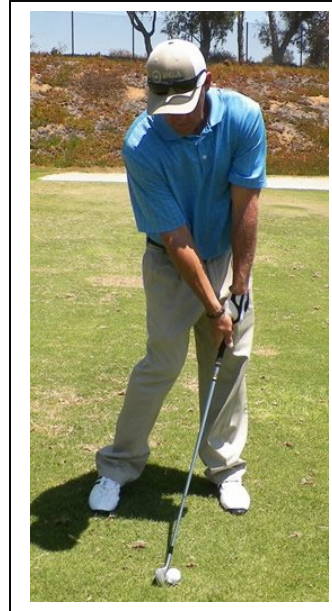
Address

- * Same as full swing - full swing grip, posture, club face in starting position.
- * Weight is slightly on left side and remains there throughout the swing
- * Ball position should be in the middle of your stance (the middle of your feet)
- * Hands and arms can be slightly leaning forward (toward the target or left side), this will promote a good hit when swinging.



Backswing

- * The backswing is same as full swing, try and get the club face in a "toe up" position
- * The length of the backswing determines the length of the shot.
- * You may or may not wish to hinge your wrists, depends on how far you need to hit the ball
- * Weight favors left side for short pitches, and shifts slightly for longer pitches



Impact

- * Impact position of a full swing, shaft leaning towards target, hands leading the club head, slightly hitting "down" on the ball (ball then turf contact)
- * The club face has returned to a straight position, the same as it was at address, meaning that the "toe up to toe up" swing is in full motion.
- * Weight mainly on left side.



Finish / Through swing

- * The club has gotten to a toe up position, same as a full swing.
- * The hands have rotated over, helping with the Toe up to Toe up.
- * Depending on the length of the shot, you may or may not make a full finish. It is ok to make an abbreviated or shorter finish for shorter shots