



2011 - 12 Golf Clinics
Short Game – Pitching

Pitching

A pitch shot is taken within 75 yards of the green. Pitch shots are intended to carry over various types of trouble areas such as water, sand and rough. To execute a good pitch shot the player needs to use a high-lofted wedge somewhere between 52-60 degrees. The pitch shot requires a swing that is a shorter, and sometimes slower, version of the full swing. A well-executed pitch shot flies the correct distance, lands softly.

The Set-Up

- No change to the grip
- Very light grip pressure in the right hand
- Stance is slightly more narrow
- Ball position in the middle of the stance
- Shift more weight to the left or right side depending on the situation

The Swing

- Shoulders initiate the swing, not the hands
- Minimal weight shift in the lower body
 - Where the weight starts is where it stays during the backswing
 - Keep right knee flexed to limit lower body movement
- Set the wrists earlier to:
 - Launch the ball higher
 - Create more backspin
- Continuous rotation through the downswing
 - Keep weight moving toward target
 - Constant rotation of shoulders and hips
 - **Keep hands ahead of clubhead**

3 Trajectories, 3 Distances, 1 Swing

- Master a “9:00” backswing to control distance
- Use three different wedges with your “9:00” swing
- Mastering this swing with different wedges will produce consistent, repeatable shots to use on the golf course and help make decisions around the green more simple

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