



## FAULT / FIX LEVEL HIPS MEAN A SWEET PITCH

IMPROVE THE STRIKE ON YOUR PITCH SHOTS WITH A LEVEL HIP TURN THROUGH THE BALL, SAYS GARETH JOHNSTON

→ **THE ANGLE OF ATTACK IS THE** aspect of your swing you must get right if you want to strike pure pitches.

The art of pitching is about gaining control of ball flight and distance – and this can only be achieved with a pure contact.

The clubhead must be descending as it strikes the ball, but not excessively so.

One way the angle of attack is compromised is through the right hip and right shoulder lowering through impact. This moves the weight back to your right side and makes the bottom of the swing arc occur behind the ball,

promoting an ascending angle of attack and therefore heavy and thin shots.

A good tip is to try to feel that the right hip and right shoulder are higher as you strike the ball to help keep your swing centre (the sternum) on top of the ball through impact.

This enhances the club's angle of attack and quality of contact and stops any flicking up at the ball. Another good drill to improve your pitching technique is to withdraw the left foot at address. This limits the rotation of the shoulders and encourages a shorter, more connected pitching action.



**Left foot back** This drill limits the length of the swing, promoting added control on shorter shots.