

Pitching

Laurie Chew Lonsdale Links Pro

Set up: Narrow stance

Pressure on front foot

Alinement of body Left of target For right handed player (Feet Knees Hips Shoulders)

Ball position Center of stance

Swing: Swing speed Fast, Medium ,Slow

Length of swing 9 o clock – 3 o clock 10 o clock – 2 o clock 11 o clock - 1 o clock

Length of club Up or Down grip

Club selection Which Club