

PITCHING PROTOCOLS

The '**5 CONTROLS**' always!

- 1) Stroke is executed with both '**Wrist Cock and Pivot**' 'Components' involved and is, therefore, very close to being a Full Swing just with less 'COIL-UnCOIL' (ROM).
- 2) Pitching is simply an 'Extended' version of the 'Chipping Stroke'. There is more 'Range of Motion' and thus, more 'Clubhead Speed'. The Ball goes farther! Trajectory is simply a matter of the factories 'Loft'.
- 3) **There is a 'Putting Stroke' in the 'Pitching Stroke'**.
- 4) '**MORE AIR TIME THAN GROUND ROLL TIME**'. Ball tends to
- 5) Run very little upon contacting the ground and, if there is much 'Back Spin', the Ball may even 'Back Up'.
- 6) '**BRACE GRIP Slightly Stronger**' than in Putting and Chipping.
- 7) '**GRIP**' may be Shortened (Choked Down).
- 8) '**Moderate GRIP Pressure**'. Don't squeeze and kill the chicken!
- 9) '**STANCE**' is just outside the 'Rib Cage' of under the Arm Pits. It is not too wide.
- 10) '**BALL LOCATION**' relatively 'Centre of Stance' or forward under your Clavicle (Proximal End).
- 11) '**ALIGNMENT**' may be slightly OPEN or Parallel but NOT Closed.
- 12) '**STANCE**' (Target Foot) is OPEN so the Hips can Rotate and Clear to the Target.
- 13) '**WEIGHT DISTRIBUTION**' is relatively centred or may be very slightly forward to promote a more vertical 'Angle of Attack'. Pitched Balls must be 'Pinched Balls'.
- 14) Slight 'Forward Press' of the Club Handle is generally beneficial.
**'Hands must lead the Clubhead
Through the IMPACT and SEPARATION Zone'**
- 15) 'Wrist Cocking' is quite early in the 'Back Swing'. The Swing is quite 'Up & Down'.
- 16) There is reduced 'Loading Rotation, Coil or Pivot' in this 'Procedure' as compared with the 'Full Swing'.
- 17) Finish (Swing Sequence #8 - #9) with 'Belly Button or Belt Buckle Square to the Target and Hands in front of your Chest'. You may not have a SS #9.
- 18) '**DISTANCE**' is controlled by '**CLOCKING**'
- 19) '**DISTANCE**' is controlled by '**Choking Down on the GRIP**'
- 20) '**DISTANCE**' is controlled by the '**Narrowing the Width of your 'STANCE'**'. This reduces the length of your Swing or the 'Circumference of the Circle' and thus reduces the Clubhead Speed with little or no 'FEEL' Change other than in the 'SET-UP' Mode. How Simple!
- 21) '**SWING DOWN THE BODY/FOOT LINE**'