



**PERFECT STRIKE
FOR PITCHING**

**FREE TRAINING
GUIDE**

Golf



To perfect your pitching strike, firstly you need to understand how the sand wedge works and how it interacts with the turf.

Anyone who has played golf knows that it is very easy to 'chunk' a pitch shot, also known as a 'fat' or 'heavy' shot.



A common reaction to hitting a 'fat' pitch is to slide forwards in the downswing, in an effort to strike the golf ball before the turf.

However, this is not always the best technique, especially in soft conditions. This method allows virtually zero margin for error.



As you slide forward, so do your eyes move towards the target and ahead of the golf ball. This is not an ideal position for hitting the ball in any sport.

The clubhead is now behind the body at impact and this challenges your ability to strike the golf ball cleanly.



The club's shaft can also move too far forward.

The standard bounce angle for a sand wedge is approximately 10° . This means the trail edge of the sole of the club is 10° lower than the leading edge. If you tilt the shaft forward more than 10° , then you are effectively using negative bounce at impact.



Swing



By sliding forward, you steepen the angle of attack into the golf ball.

Couple this steep approach with negative bounce and the sharp leading edge of the wedge will hit the grass first. This is fine if you are spot on but what happens if you hit even slightly behind the golf ball? The 'FAT' shot!



You don't want to have the shaft tilted backwards at impact either. Ideally, the club's shaft should be slightly forward as you strike the golf ball.

If you have the shaft forward 5° with a club which has 10° of bounce, then you still have 5° of bounce. This helps the club glide through the grass, rather than digging into the ground.



Do you hinge your wrists when you play your pitch shots or do you use a more 'one piece' backswing like Jason Day or Steve Stricker?

Regardless of your pitching preference, you can still enjoy a larger margin of error if you don't try to hit down on the golf ball.



Employing a 'sweeping' motion through impact, with a shallow angle of approach provides that forgiveness for great contact.

If the sand wedge is brushing along the turf for a few inches, then you will achieve perfect contact much more often, even if you hit the grass before the ball!



Heading 3



This drill is excellent for improving your ability to swing at the right height, with any club. You can perform this recalibration drill on a driving range mat or on some turf you don't mind digging up! You can gain greater awareness and control over the club and the height you swing.



If your clubhead is too high at impact, this creates a 'thin' or 'topped' shot. Simple right? Go ahead and hit a 'thin' shot on purpose. That's right - intentionally mishit the shot. Anyone can do this, even beginners. Many golfers are expert at this shot!



If the clubhead is too low, this creates a 'fat' shot - obvious isn't it? Again, intentionally, go ahead and hit the ball with a very low club, a 'fat' shot. Only try this if the mat or ground you are playing from is quite soft. We don't want any impact injuries for you.



Those two mishits help you find your range and recalibrate your clubhead awareness. You are now becoming more in tune with where your clubhead is during the golf swing. Let's now attempt to swing with the ideal height. This is what we want to do on the golf course and gives you the best chance of achieving the perfect strike.



THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

If you love our content, have a question,
or just want to say '**G'day**'

please go to our YouTube channel to comment.

