

CHIPPING AND PITCHING EXERCISE

Clock Swings

Skill:
Category:

Pitching
Control

To encourage the pupil to feel and imagine different length swing to fly the ball different distances.

Encourage the pupil to imagine they are stood within a clock face. The pupil should swing their hands back and through the same distance imagining their position on the clock face.

e.g:

8 o'clock to 4 o'clock – 1/4 swing.

9 o'clock to 3 o'clock – 1/2 swing.

10 o'clock to 2 o'clock – full swing.

