

# CHIPPING AND PITCHING EXERCISE

## Hold Down

Skill:  
Category:

Pitching  
Hold

**To encourage the pupil to get into a correct grip routine and technique for pitching.**

Pupils begin by holding their hands either side of the shaft and then clap the shaft with the palms facing one another. Slide the hand furthest from the target down, close the fingers with the thumbs pointing down the centre of the shaft, but ensure that the hands are still close together. See L5, L7, L7 for exercise detail.

