

LONG GAME EXERCISE

Shake and Point

Skill:
Category:

Long Game
Action

To encourage the pupil to feel the correct motion for the pitching swing.

Encourage the pupil to swing the hand furthest from the target as if shaking hands in the backswing and then pointing where they wish to go in the forward swing. Pupils should monitor the finish where the rear arm, navel and rear knee point toward the target.

Once the feel is gained encourage the same routine using the club.

