

CHIPPING AND PITCHING EXERCISE

Turn and Point

Skill:
Category:

Pitching
Action

To encourage the pupil to rotate their body correctly in order to maintain the extension of the arms in the forward swing.

Encourage the pupil to point their arm furthest from the target at the ball with the arm nearest to the target behind their back. Make a half swing back and forwards holding the forward swing finish position for a few seconds to check that the arm points at the target, the weight is onto the forward leg, and the body has turned to face the target.

