



Jody Jackson Golf

Complete Game Coaching & Golf Travel Adventures

LPGA Teaching Professional, Class A

www.jodyjacksongolf.com



PITCHING

SET-UP POSITION:

- Ball in middle or slightly away from target
- Narrow Stance (outside of feet shoulder width apart or less – see pics)
- Posture, same as a full swing (Take a Bow, Arm Hang, Weight on Balls of Feet)
- Weight Distribution (L and R feet) is even or more weight on the target side

SWING MOTION:

- Finesse vs. Power; if full swing is 85-90% then a pitch swing is 75-80% swing speed
- Feel the weight in the club head with a light grip pressure (as usual), gravity is your friend
- Rhythm = 1...and...2, 1 = start backswing, And = set time on clock, 2 = downswing/impact
- Complete the swing with a mirror image of “L” or “V” in finish, after seeing the retinal image

PERSONAL NOTES:



CARRY YARDAGES ONLY

	FULL SWING	2/3 9 o'clock "L"	1/3 7:30 "V"
Lob Wedge (60°)			
Sand Wedge (56°)			
Gap Wedge (52°)			
Pitching Wedge (48°)			