

Fold and hold to make a successful pitch

17: Pitching – fold and hold

MANY golfers get confused with the difference between pitching and chipping.

This week we will look at pitching, and next week we'll focus on chipping.

Pitching is generally a shot played with a wedge of some description (pitching, gap, sand, lob). It's a high-lofted shot that should travel a set distance and then sit down quickly when it hits the green.

To play this shot, set up with your head in line with your ball, and your weight on your front foot.

In your back-swing you follow an arc as you would in your normal swing, going back to where your left arm is parallel to the ground.

Your wrists are fully set in a 90-degree angle between your left arm and shaft, with your right elbow folded into your side (Fold).

In your down-swing you need to maintain the angle between your left arm and shaft while you rotate your arms and body round to your finish position (Hold).

At your impact position you can see how the angle has actually been released, hitting down on the ball to create spin to stop the ball quickly once hitting the green.

● For details on the Andy Lamb Golf Academy, visit andylambgolf.com, email info@andylambgolf.com or call 07887 422140.



PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips



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