



How to be pitch perfect

By Top 25 Coach Paul Foston

1 My theory is that if I give you one ball position and one weight position, and you change the clubs to adjust the flight and roll, you'll be more consistent. My ball position is just inside my left heel to avoid any shaft lean. I almost get on tiptoes, as this helps the weight start and remain on the lead side throughout the shot.

2 Every shot is 'hinge and hold', where the left hand is in charge. This is the chance for my left arm to control the shot, with my right arm doing nothing. I often see a scooping action where people throw their right hand at the ball.

4 You want the body to release the club and to finish with your hip and shoulder towards the target. You must rotate, so try to imagine your right pocket finishing over where the ball was.

3 I'm very much a fan of delivering maximum loft and bounce at the exact point every time. If you have the one ball position, the chance of you delivering the club at the same point consistently is maximised.



Caution:

Focus on getting the chest to continue to move through impact, rather than stopping and letting the hands 'flick' at the ball.

