

Pitching Drills

Hula Hoop Toss

Place Hula Hoops 10 yds. 15 yds., 20 yds. and 25 yds. from a starting point
Start by tossing with hands golf balls and having them
land in the circle (not end, but land) toss 5 balls to each hoop

Hula Hoop Pitch

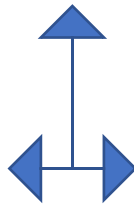
Place Hula Hoops 10 yds. 15 yds., 20 yds. and 25 yds. from a starting point
Pitch golf balls into the hoops to land in the circle (not end,
but land). Pitch 25 balls to each hoop with Lob Wedge, Sand Wedge
and Pitching Wedge.

Golf Towel Pitch

Place a golf towel 25 yds. 35 yds. and 45 yds. from a starting point
Pitch golf balls and have them land on the towel (not end
but land) on the towel. Pitch 25 balls to each towel with Lob
wedge, sand wedge and pitching wedge

Line Drill

In the bunker, draw a t-line in the sand with one line parallel to your
stance and the cross line in front of your sternum.



Make swings entering the sand at your sternum
line, making sure you are precise.
Recreate the lines until you can make 10
consistent swings entering the sand at the
line.

Pitching Games

Leap Frog

With a partner, the 1st on pitches a short shot, the 2nd must make a
pitch shot that "leaps" over the 1st. Continue until someone misses.
Repeat and see how far in distance the team can execute the shots.

Up & Down

Select 4 yardages (20, 25, 30, and 35 yards) out from the putting
green. Execute 1 shot from each location and putt until you hole out
the golf ball. Par is 3. Repeat from each location 25 times.