

Pitching Training Plan

**Taylored Golfing,
Holistic & Personal Coaching**
Am Bach 3, 8305 Dietlikon

Pitch Technique

The 4 Phases of Skill Development in Technique Training

Patience and self-initiative through additional practice are essential

- **Unconscious Incompetence** – Learning a new movement
- **Conscious Incompetence** – Becoming aware of what is not yet mastered
- **Conscious Competence** – Applying with active concentration
- **Unconscious Competence** – Performing with one swing thought

Pitch Technique

Shot Variation: Neutral Pitch

- **Club Selection:** Typically use a sand wedge (SW) or lob wedge (LW) for controlled, mid-height trajectories
- **Ball Position:** Ball in the middle or slightly left (right-handed players); to achieve a neutral launch angle
- **Weight Transfer:** Shift about 60% of your weight to the front foot for better stability and control
- **Upper Body Posture:** Lean forward slightly, shoulders parallel to the ground to maintain balance
- **Backswing:** Swing to the 9 o'clock position (hands at hip height), keep the clubface slightly open
- **Follow-Through:** Smooth and controlled with conscious acceleration
- **Stable Wrists:** Minimal wrist action to maintain consistent clubface alignment
- **Body Rotation:** Lead with hips and torso rotation for clean contact and distance control
- **Clubface Alignment:** At impact, the face should point neutrally to the target
- **Target Area:** Aim for a mid-height trajectory with controlled spin for a soft landing and slight rollout

Link to [Trainingsvideo](#)

Pitch Technique

Shot Variation: Uphill Lie

- Use a sand wedge up to **50 m**; gap wedge **beyond** 55 m
- Ball in the **center**; open the **lead foot slightly**; shift weight to the back foot
- Lift the club with the lead shoulder (rotated under chin) steeply upwards (half to 3/4 swing)
- Let the club **drop** in the downswing with confident acceleration
- Use clubface width: 1 width = up to 30 m, 2 widths = 45 m, 3 widths = 55+ m
- Aim for the green and the area around the pin
- Once green hits become consistent, narrow the target area and aim closer to the pin

Pitch Technique

Shot Variation: Downhill Lie

- Use **SW** or **GW**, perform a chip-like backswing (max. 9 o'clock position)
- Ball mid or slightly right; weight more on front foot
- Swing like a chip with confident acceleration
- Launch angle will be flatter due to the slope
- Use your "swing track" – straight back and through
- Use clubface widths for distance
- Choose high-lofted clubs up to 70 m
- Expect a lower ball flight with moderate rollout

Link to [Trainingsvideo](#)

Pitch Technique

Trouble Shots – Trees or Obstacles

- Use PW or 9-iron up to 45 m, 8-iron beyond 50 m
- Ball slightly right, weight forward
- For low branches: place ball near back foot
- Chip-like swing with confident acceleration
- Flatter launch to stay under obstacles
- Use low-loft clubs (PW, 9, 8-iron)
- Aim for green edges; ball will roll 2/3 of the distance after landing

Pitch Pre Shot Routine

Short, Mid, and Long Pitches – Routine

Two zones:

- **Thinking Box** – Behind the ball, make decisions
- **Playing Box** – At the ball, commit without new thoughts



Pitch Pre Shot Routine

Pitch Pre-Shot Routine

- Stand behind the ball
- Scan the green as a whole
- Read slopes and visualize 4 zones (~4m radius around the pin)
- Observe the undulations from both sides

Then:

- Step into the commitment line, perform 1–2 practice swings
- Address the ball, focus 2/3 on target, 1/3 on the ball
- Glance at the ball briefly and pitch without additional thoughts

Pre Shot Routine

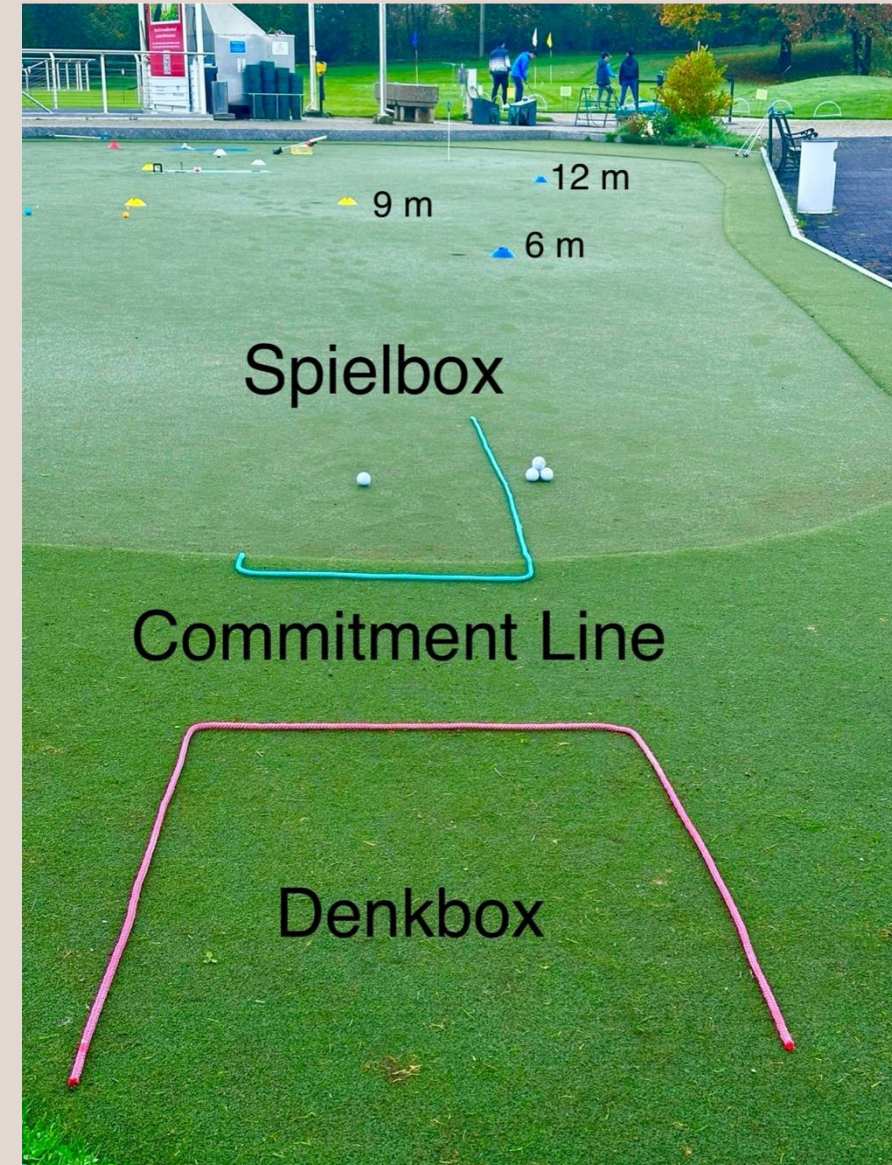
Pre-Shot Visual Aid

- Use the visual from our personal coaching as support.

Apply it to reinforce your routine independently.

[Trainingsvideo Vision54](#)

[Trainingsvideos Pre und Post Shot Routine](#)



Pitching Drill

Pitch Distance Control Drills

3 stations, 6 balls each. Aim for 3m and 6m imaginary radius circles:

- From 15m, 30m, 45m to center of circle



Pitching Drill

Pitch Contact Quality Drills

- **Poor contact:** Improve ball position and angle with foam board or basket
- **Good contact** but poor distance: Adjust club and swing size (7:30, 9:00, 11:00 backswing to same finish)

Alternative: Use clubface width method:

- 1 width = up to 30 m
- 2 widths = up to 50 m
- 3 widths = 60+ m
- Ball width sets backswing length

Pitch Test

Distance Control

- Alternate shots (40, 50, 60, 70, then 40 again...)

Mark landing location per ball; note
poor contact and club choice

70 m	1P.		5m	Schläger:	Schlag	f=fett	d=dünn	Punkte	
	2P.		3m		1				
	2P.		3m		2				
	1P.		5m		3				
					4				
							5		
					Gesamt:				
60m	1P.		5m	Schläger:	Schlag	f=fett	d=dünn	Punkte	
	2P.		3m		1				
	2P.		3m		2				
	1P.		5m		3				
					4				
							5		
					Gesamt:				
50m	1P.		4m	Schläger:	Schlag	f=fett	d=dünn	Punkte	
	2P.		2m		1				
	2P.		2m		2				
	1P.		4m		3				
					4				
							5		
					Gesamt:				
40m	1P.		4m	Schläger:	Schlag	f=fett	d=dünn	Punkte	
	2P.		2m		1				
	2P.		2m		2				
	1P.		4m		3				
					4				
							5		
					Gesamt:				
Gesamtpunkte:				/ 40					
Pitch-Handicap									
40-34 = Tour				33-28 = 0-5	27-22 = 5-12				
21-17 = 13-19				16-11 = 20-28	10-0 = 29+				



Pitching Drill

Practicing Varying Trajectories

4 stations, 5 balls each. Target two imagined circles (2m and 4m radius):

- Over bunker, near green edge
- Over bunker, far from green (slight uphill)
- 30m to hole, far from edge
- 30m to hole, near edge with fringe as landing option

Pitch Drill

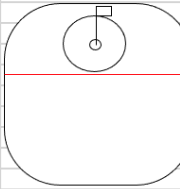
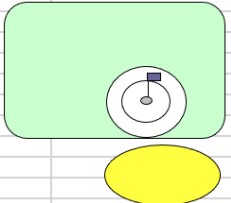
Expected Challenges – Trajectories

- **Drill 1 & 4:** Ball doesn't stop – check club, ball position, swing path
- **Drill 2 & 3:** Ball flies too high, rolls too short – try different clubs, focus on landing point
- **Contact too shallow:** Use foam/basket behind ball, adjust stance and weight

Pitch Test

Trajectory

- 10 balls to a pin on a raised plateau Note club, ball position, contact quality, landing and stopping point Points:
- Over or hit marker = -1
- 4m circle = +2
- Plateau = +1

Station 1				
Spieler: Schläge 10 Bälle an die Fahne, die oben auf der Welle steht.				
Bitte die Schlägerwahl, die Ballposition, eventuell unsauberes Treffen und Landepunkt + Endpunkt jedes Balles einzeichnen. Man soll durch blosses auf das Bild gucken erkennen können wo jeder Ball aufkam und wo er noch hingerollt ist.				
Über Absperband oder getroffen (-1 Pkt.), Zielkreis 4m (2 Pkt.), Oberes Plateau (1 Pkt.)				
				Schlägerwahl:
Schlag Nr.	Ballposition	Treffen	Absperband	
	l = links; m = mitte; r = rechts	f = fett; d = dünn	x = getroffen	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
Punkte: / 20				
Station 2				
Spieler: Schläge 10 Bälle an die Fahne.				
Zähler: Bitte die Schlägerwahl, die Ballposition, eventuell unsauberes Treffen und Landepunkt + Endpunkt jedes Balles einzeichnen. Man soll durch blosses auf das Bild gucken erkennen können wo jeder Ball gelandet ist bzw. wo er noch hingerollt ist.				
Zielkreise 2,5m (2 Pkt.), 5m (1 Pkt.), Grün verfehlt -1 Pkt.				
				Schlägerwahl:
Schlag Nr.	Ballposition	Treffen		
	l = links; m = mitte; r = rechts	f = fett; d = dünn		
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
Punkte: / 20				
30m X				



Pitch Drill

Practicing Pitching from Slopes

- 4 stations, 5 balls each. Targets with 2m and 4m imaginary radius:
- Uphill lie
- Downhill lie
- Ball below feet
- Ball above feet



Pitch Drill

Expected Challenges – Sloped Lies

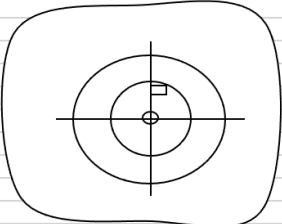
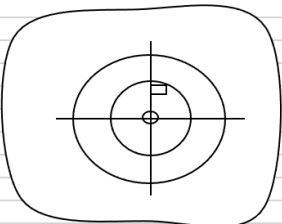
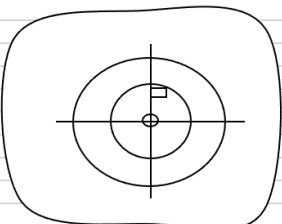
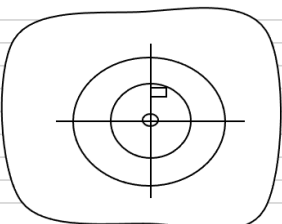
- **Drills 1 & 2:** Dosage issues → review club and slope adjustment
- **Drills 2 & 4:** Directional errors → repeat in 2m corridor on slope
- **Poor contact:** Use foam/basket behind ball, adjust ball position and weight

Pitch Test

Sloped Lies

- 5 balls close to pin Mark ball number where it ends up

Note mis-hits and alignment errors
Include club choice

Lage	Schläger	Ziel	Schlag	f=fett; d=dünn; Ausrichtung
Bergauflage			1	
			2	
			3	
			4	
			5	
Bergablage			1	
			2	
			3	
			4	
			5	
Ball oberhalb			1	
			2	
			3	
			4	
			5	
Ball unterhalb			1	
			2	
			3	
			4	
			5	

Pitch Questionnaire

Sloped Lies

- (Section for player self-reflection)

Hanglage	Theoriewissen	Praxis (Trainerkommentar)
Bergauflage		
Bergablage		
Ball oberhalb		
Ball unterhalb		