



South Western Golf Association – Women’s Clinic Day 2025

Pitching with Jay McKenzie from the GGA

www.geelonggolfacademy.com.au

Pitching Made Simple

Pitching doesn’t need to be complicated. Focus on a few basic principles to build confidence and consistency:

Key Basics to Remember

✓ Brush the Grass

- Feel the club brushing the grass after the ball—let gravity help you.
- If you hit the ground too early, check that you’re putting some pressure onto your front foot.

✓ Use the Clock System (For Your Hands)

- Imagine your hands moving on a clock face:
 - **4–8 o’clock Swing:** Hands swing back to 4 o’clock and through to 8 o’clock for shorter chips.
 - **3–9 o’clock Swing:** Hands swing back to 3 o’clock and through to 9 o’clock for medium distance.
 - **3–9 o’clock (hinge, L swing):** Add some wrist hinge so your lead arm and club form an “L” shape to go further.
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✓ Club Path & Rotation

- Let your **back turn to the target**. This helps the club swing on the correct path and gives you the **best chance to make solid contact**.
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✓ Ball Position & Clubface

- **Ball forward + slightly open face:** Higher shots.
 - **Ball back + square face:** Lower shots.
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✓ Club Selection

- Change clubs to suit the shot:
 - **Sand wedge:** Higher, softer landing.
 - **8 iron:** Lower, running shot.
 - Think about what's in front of you—do you need to fly over a bunker or can you let the ball roll up?
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Quick Tips

- ✓ Let gravity do the work—Let the club fall onto the ball.
 - ✓ **Keep your tempo smooth—you can't rush it.**
 - ✓ Practice different swing lengths to learn how far each goes.
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Need extra help?

Contact us any time for private coaching or small group practice.

Jay McKenzie – GGA

Geelong Golf Academy

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