

One good turn

Ladies European Tour player Clare Queen on how a good body turn can improve your pitching

BELT UP TO THE FLAG

THE most common fault with poor pitching is trying to do too much with the arms which can play havoc with the timing of any shot.

The shot here might only be a 50-yard pitch yet the core muscles are still working properly but the length of the followthrough mirrors that of the backswing.

A good way to check that you have made the right moves is to see where your belt buckle is facing having hit the shot – it should point directly towards the flag

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Clare Queen is the touring professional for The Carrick at De Vere Cameron



House. Visit www.devere-hotels.com
Clare believes that the key to a solid swing is core muscle strength. Visit www.corewellness.co.uk to try some exercises.



FAVOUR THE LEFT

Your hands should be ahead of the ball with the weight favouring the left side. It should be noted that there is no tension in the hands, which will encourage a smooth swing

TASTY TAKEAWAY

Getting the initial part of the swing right is crucial for all shots and, in particular, pitching.

Your wrists should hinge at around nine o'clock and this will then help to create the correct angle of attack into the ball. Also, look to grip down on the shaft by about an inch – this will mean your hands are closer to the clubhead and therefore add more control