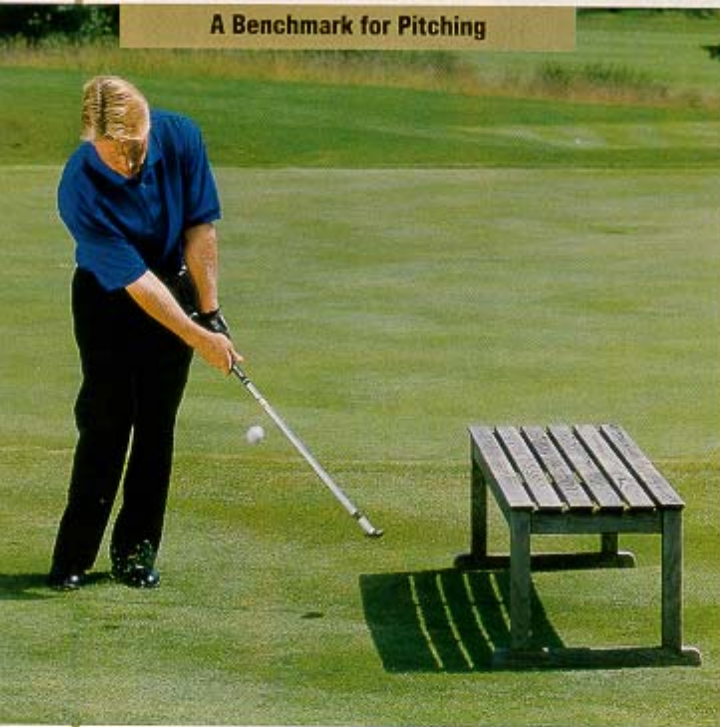


## A Benchmark for Pitching



**MOST GOLFERS'** INSTINCTS tell them that to pitch the ball into the air they must scoop it, lifting it at impact. So much for instinct. The only way to make a crisp pitch is to be sure the clubhead is still moving downward at impact.

Teach your instincts proper pitch by trying to hit shots under a bench sitting about four feet in front of you. You'll find that the lower you try to hit the ball, the higher it sails. Your instincts are forcing you to swing on a steeper downswing path, in an attempt to punch the ball low. But the descending blow will actually send the ball up into the air.

It shouldn't take long to short-circuit your instincts and replace them with the correct downward path for solidly struck, high-flying pitches.

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**BY TODD SONES**