



Eric Johnson  
Top 100 since 2011



# GET UP AND DOWN

with Eric Johnson, Oakmont C.C., Oakmont, Pa.

## How to Pitch It Stiff

Think “hinge and turn” for expert short shots

### THIS STORY IS FOR YOU IF...

1. YOU CAN'T CONTROL YOUR PITCH SHOTS.
2. YOUR CONTACT AND SPIN ON PITCHES ARE INCONSISTENT.

### THE PROBLEM

You don't make solid pitch contact on a consistent basis. You're stiff with your arms and wrists, and you try to keep your head locked in place when you swing through the ball.

### THE SOLUTION

When you've struggled with your pitching, your playing partners have probably told you that you looked up, were too wristy, or that you moved your body through the shot. Well, believe it or not, to pitch the ball well you need to do all three of those things. Stop being stiff and robotic with these shots and put some dynamic movement into your motion—your results will improve dramatically. Here are my simple keys to good pitching:

1. Simplify your backswing by hinging the club up with your wrists. That's it. You'll create plenty of potential energy to pitch the ball toward the green with this hinge without having to swing your arms.
2. Now, rotate your body slightly forward as you would on a normal shot. Don't be so stiff! Let your turn guide the club through impact.
3. Turn your head toward the target as you rotate forward. If you do it correctly, your torso will move slightly ahead of where the ball was at address as you finish your swing.



Make your pitch motion less stiff and more dynamic by actively turning toward the target on your downswing.

This is your pitch backswing—a simple hinge of the wrists.

[golf.com/shortgame](http://golf.com/shortgame)



Watch a video of this lesson with Top 100 Teacher Eric Johnson and groove a go-to pitch swing to knock it stiff every time.