

Monthly Guide -Month 4- Pitching

Track your progress as an Apprentice in the fourth month by checking each activity you complete throughout each week.

Week 1 –Applying the Set Up

Full Swing Intro

Done	Action	Description
<input type="checkbox"/>	Watch Video	The importance of Pitching-Video

Upcoming Tele-seminar Info

Done	Action	Description
<input type="checkbox"/>	Mark Calendar	Mark day/time October 16th

DVD Clips

Done	Action	Description
<input type="checkbox"/>	Watch Clip	Watch the Pitching DVD clip

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Set-Up/Walk-Away/Set-Up/Walk-Away
<input type="checkbox"/>	Practice Drill	Five times this week-Backyard
<input type="checkbox"/>	Watch Drill	2. Right Heel in Air
<input type="checkbox"/>	Practice Drill	20 Shots or swings-Back yard
<input type="checkbox"/>	Watch Drill	3. Wrists Hinge as the club Swings Up
<input type="checkbox"/>	Practice Drill	2 times this week-Backyard
<input type="checkbox"/>	Watch Drill	4. Chop with the Leading Edge
<input type="checkbox"/>	Practice Drill	Make sure your chopping down on the ball.

Assignment 1

Done	Action	Description
<input type="checkbox"/>	Fill Out	1. Chart your pitch and gap wedge

Week 2 – Mastering The Three Backswings

Upcoming Tele-seminar Info

Done	Action	Description
<input type="checkbox"/>	Mark Calendar	Mark day/time October 16th

Breakdown Sessions

Done	Action	Description
<input type="checkbox"/>	Watch Session	More details on backswing: <ul style="list-style-type: none"> o Ball Centered/Weight Left/Handle Across o 3 Length Backswings o Pick out your spot

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	5. Learn One Backswing at a Time
<input type="checkbox"/>	Practice Drill	All one length-golf course
<input type="checkbox"/>	Watch Drill	6. Mark Your Spot with a Towel
<input type="checkbox"/>	Practice Drill	One session-golf course
<input type="checkbox"/>	Watch Drill	7. Clubhead does not pass Left Knee
<input type="checkbox"/>	Practice Drill	8-9 Backswings
<input type="checkbox"/>	Watch Drill	8. Past the Left Knee in the 11 O'clock Backswing
<input type="checkbox"/>	Practice Drill	Try it a dozen times this week

Assignment 2

Done	Action	Description
<input type="checkbox"/>	Fill Out	1. Design Pitching Practice Routine

Weeks 3 and 4 are on the next page...

Monthly Guide (continued...)

Week 3 – Learning Your Distances

DVD Clips

Done	Action	Description
<input type="checkbox"/>	Watch Clip	DVD clip:00:55/1:04:45

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Chop But Don't Stop
<input type="checkbox"/>	Practice Drill	Keep this in mind while you practice this week
<input type="checkbox"/>	Watch Drill	2. Uphill and Downhill Distances
<input type="checkbox"/>	Practice Drill	Every time you practice part of your session
<input type="checkbox"/>	Watch Drill	3. Guessing Short Game Distances
<input type="checkbox"/>	Practice Drill	Backyard/field/golf course
<input type="checkbox"/>	Watch Drill	4. Learning in 10 yard increments
<input type="checkbox"/>	Practice Drill	Every time you go out.

Upcoming Tele-seminar Info

Done	Action	Description
<input type="checkbox"/>	Mark Calendar	Mark day/time October 16th

Assignment 3

Done	Action	Description
<input type="checkbox"/>	Fill Out	Chart sand and lob wedge distances

Week 4 – The Follow Through

Tele-seminar

Done	Action	Description
<input type="checkbox"/>	Listen/Interact	Tele-seminar on PITCHING

Breakdown Session

Done	Action	Description
<input type="checkbox"/>	Watch Session	More details on downswing to finish: <ul style="list-style-type: none"> o Chop in downswing o Follow Through Low-Left Knee o Turn Through

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	5. Hard Pan Lie
<input type="checkbox"/>	Practice Drill	Every time you go to practice/30 years
<input type="checkbox"/>	Watch Drill	6. Deep Rough
<input type="checkbox"/>	Practice Drill	Every time you go to practice
<input type="checkbox"/>	Watch Drill	7. Down hill Lie
<input type="checkbox"/>	Practice Drill	Every time you go to practice
<input type="checkbox"/>	Watch Drill	8. Towel Behind the ball
<input type="checkbox"/>	Practice Drill	If you do not have a steep, bare of downhill

Assignment 4

Done	Action	Description
<input type="checkbox"/>	Fill Out	Tracking your play