



“More weight shift means less control of the clubface.”

Pitching Around a Post

Stability is key to crisp—and straight—shots

FORCE PLATES are used to track how golfers shift their weight between the feet during a full swing. But what’s also interesting to examine is weight transfer during a pitch shot. For decades I’ve been teaching a pitching action where golfers pivot the body around a stable post—the lead leg—as they swing down and through. Data from force plates supports this technique.

Biomechanist J.J. Rivet, who consults for the European Tour, tested dozens of professionals on

force plates as they hit pitches. Shot after shot confirmed that professionals start with their weight favoring the lead leg, and it stays that way throughout the swing. Furthermore, from the start of the downswing to halfway into the follow-through, the weight on the lead leg remains virtually unchanged (75 percent, *see chart*).

These numbers make sense. Less weight shift means more stability for a shot that requires more precision than power, allowing the pro to better control the clubface.

Contrast that with a group of amateurs Rivet tested. They had roughly two-thirds of their weight on the *back foot* as the club reached the top. Although they correctly shifted weight significantly into the lead leg in the through-swing, the shift gave them considerably less control of the clubface.

So set your weight forward and keep it there when you pitch.

—WITH RON KASPRISKE

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PITCH PERFECT

▶ Percentage of weight on a pro golfer’s lead leg

ADDRESS

67

BACKSWING

65

DOWNSWING

75

FOLLOW-THROUGH

75

