

BY LYDIA KO

# PURE PITCHING

PRACTISE THIS RELEASE PATTERN FOR CONSISTENCY

If you want to become better at pitching, my first piece of advice is to put your ball in lots of scenarios when you practise. Why hit 50 from the same spot when you get only one swing for each shot on the course?

Next, understand how your wedge is supposed to move through the grass.

It's supposed to glide, not dig.

To get it to do that, feel like you're letting the clubhead strike the ball a split second before the hands move over the top of its position (small photo).

That means keep your grip pressure light, and resist the urge to prevent the clubhead from releasing in fear of hitting it too far. Keep the club moving.

A great way to practise this action is to

pitch with your right hand only. It's hard to stop the momentum of the clubhead with only one hand.

It will naturally glide along the turf and then extend just left of your target to complete the swing.

Copy the feel of this release pattern when you play and your pitching will improve.

**Lydia Ko is No. 1 in the Rolex Women's World Golf Rankings.**



### DISTANCE CONTROL

Don't change the length of your swing to control distance. Just change grip length. For shorter shots, grip down.



photos by Dom Furore

ADVERTORIAL

# AVOID COMMON GOLFING HAZARDS

A hazard during a game of golf can come in many different ways. Some of the common types of hazards include the golf ball getting lost in obstacles such as cart paths, in a bunker or an area of water. On the other hand, hazards can also be anything that results in you suffering from an injury or even an illness on- and off-course. Whether it is a hazard listed on the official golfing safety rule book or not, these tips can help you take some precautions while you tee off.

### Dehydration

Dehydration can ruin your game without you even realising it; very often, your body is already dehydrated before you feel thirsty. Moreover, with an average golfer walking up to seven miles during a round of golf, and striking about 80 to 100 strokes per game, the risk of dehydration is high if there is inadequate hydration.

**Try this:** The key to proper hydration is replenishing the electrolytes in one's body. Our bodies need a balance of electrolytes, namely potassium,

magnesium, phosphorus, sodium and calcium, and coconut water is among the many excellent hydration sources of electrolytes. Made of 100% natural and carefully selected fresh coconuts with no additives or preservatives, UFC Refresh Coconut Water makes a healthy and convenient choice of hydration drink that you can bring along and have it anytime during your game.

### Fatigue & Tightness

As the golf swing is a repetitive movement, fatigue and tightness can come quick, affecting your flexibility to perform. Insufficient stretching before and after each round can lead to injuries.

**Try this:** Timely and simple exercises such as ankle and kneeling hip flexor presses, side-to-side, straight leg and torso back swings, wall slides, shoulder and stork turns, windshield wipers and piriformis stretches can help increase your stamina. At the same time, hydrate your body between the

cool-down exercises.

### Sunburn

According to the Skin Cancer Foundation, golfers may receive up to 5.4 times the amount of exposure to UV rays that will cause a sunburn for every hour they play. What is missing from your skincare and outfit can also affect the intensity of the damage done to your skin by UV rays.

**Try this:** Apply sunscreen with an SPF of at least 30 to all exposed skin and put on lip balm with SPF about 20 minutes before your game. Pack your sunscreen and lip balm into your golf bag as you will need to reapply them later — more often if you sweat a lot. Keep in mind to also hydrate your body after sweating and cool down with UFC Refresh Coconut Water that has no added sugar, making it the healthier choice for natural rehydration.

*UFC Refresh 100% Coconut Water is now available onboard SIA Suites and First Class.*



The Natural Hydration for You

