

THE SWING

During the swing you must keep your head down and not lift it until after the ball has been struck. It is one of the most common reasons for missing a shot – the head comes up too early, moving the shoulders and spoiling the shot. Unless the target ball or hoop is more than 4 yards away, you should not see it hit (or go past!) the target; if you do, you have lifted your head - Listen for the hit - don't look up!

Two tips to prevent this – select a point about 6” in front of the ball and only lift head after back of mallet has passed this point or count - hit, 2, 3, look.

The mallet is swung mainly from the shoulders, not the wrists, giving you a long pendulum. The backswing should be straight, and along the line the player wants the ball to travel (LOS- Line of Swing). The height of the backswing controls how hard you hit a ball, and hence, how far it travels.

On the forward swing as the mallet head nears the ball the arms also move forward, the elbows straighten somewhat, and as the mallet makes contact the hands will be moving forward parallel to the ground. Your intent is to swing the mallet through the back of the ball, hitting it at the lowest part of the swing, and then follow through with the mallet.

The follow-through must be straight along the line of swing. The wrists do not flex much at all - the mallet becomes an extension of the arms.

You may find holding the mallet and swinging it a little uncomfortable at first. However, you will soon get used to it.

You need to have a consistently unhurried straight, smooth swing both backwards and forwards – count – back, 2, 3, forward, 2, 3.

A hurried swing usually involves body movement and this can cause problems with the shot. Remember the further the ball is to travel, the higher the back swing needs to be.

Starting off correctly will stop problems occurring later on – the swing is the key to how well you play.

Swing

Back

Forward

Equals

1 2 3

1 2 3

Good Swing

1

1 2 3

Push

1 2 3

1

Jab

