Practice both the pitch and pitch-and-run shots at graduated distances from the green. Your muscles will feel the distance the ball must travel just as they do when tossing a ball. The longer the distance the longer the backswing and greater the weight shift. In the short range pendular swing the wrists will remain firm for precision and control. (Fig. 51) As the swing increases there will be a natural hinging of the wrists for added force. (Fig. 52)