

1

FEET TOGETHER

7 BALLS

SETUP

Feet together (or slight gap). Controlled half swings. Rotate around your spine.

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WATCH FOR

Losing balance / weight shifting onto trail side = weight shift is off.

2

TOWEL UNDER ARMS

7 BALLS

SETUP

Towel under both arms, across chest. Normal stance, half shots, relaxed grip.

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WATCH FOR

Towel falling out = arms disconnected, releasing early.

3

CLUB UNDER LEAD HEEL

8 BALLS

SETUP

Club under lead heel. Full swing, 75-80% weight on lead foot throughout.

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WATCH FOR

Club falls / pressure drops = leaning back, not enough weight forward.

4

TOWEL BEHIND BALL

10 BALLS

SETUP

Towel 1 clubhead behind ball. Set up as usual, avoid the towel, reach to the ball.

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WATCH FOR

Hitting the towel = ground before ball.

5

TAPE IN FRONT OF BALL

8 BALLS

SETUP

Tape 2 fingers in front of ball. Normal setup and swing — aim for the tape, not the ball.

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WATCH FOR

Missing the tape = hands coming up too early.