

1

HEAD COVER UNDER LEAD ARM

7 BALLS

SETUP

Head cover under lead arm, held comfortably.
Normal stance, relaxed half swings.

WATCH FOR

Head cover drops = losing connection (backswing or follow-through).

□ □ □ □ □ □ □

2

ONE FOOT SWING

7 BALLS

SETUP

Feet together, lift trail foot back for stability.
Relaxed half swings — take your time.

WATCH FOR

Tipping side to side = off balance, weight not staying forward.

□ □ □ □ □ □ □

3

STEP INTO SWING

8 BALLS

SETUP

Lift lead foot on backswing, plant + swing through on downswing. Rehearse without a ball first.

WATCH FOR

Weight staying back / out of sequence = poor contact.

□ □ □ □ □ □ □ □

4

STICK ALONG SHAFT

8 BALLS

SETUP

Alignment stick along shaft + lead side. Slow, relaxed half swings — avoid touching your side.

WATCH FOR

Stick hits your side = wrists releasing too early, flipping through impact.

□ □ □ □ □ □ □ □

5

BALL MOVED FORWARD

10 BALLS

SETUP

Move ball forward one hand-width. Reach for it — then repeat with ball back to normal.

WATCH FOR

Lifting up early = thin shot.

□ □ □ □ □ □ □ □ □ □