

1

9 TO 3 SWING

9 BALLS

SETUP

Arms back to 9 o'clock, follow through to 3. Hit through the strike zone.

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WATCH FOR

Swinging higher for power. Check feel vs. reality on video.

2

TRAIL ARM SWING

6 BALLS

SETUP

Trail hand only on club. Relaxed half swings — let gravity and rotation lead.

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WATCH FOR

Compensating with arm or wrist — throwing the club.

3

STICK ALONG SHAFT

7 BALLS

SETUP

Stick along shaft + lead side. Slow, relaxed half swings.

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WATCH FOR

Stick hits your side = wrists releasing early.

4

NARROW STICK GATE

9 BALLS

SETUP

Two sticks either side of ball, wider than clubhead. Hit shots as normal.

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WATCH FOR

Hit outside stick = heel strike. Hit inside stick = toe strike.

5

TAPE IN FRONT & BEHIND BALL

9 BALLS

SETUP

Tape behind ball (3 fingers) and in front (2 fingers). Hit shot as normal.

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WATCH FOR

Hit back tape = chunking. Miss front tape = not compressing.