

**THE LAST SLICE
FIX YOU'LL
EVER NEED**

**THE 21-DAY
DRIVER
TRANSFORMATION
SYSTEM**

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THE 21-DAY GUARANTEE

In 21 days, you'll hit straighter drives than you have in years—or I'll personally work with you until you do.

Your slice isn't your fault.

You've been fixing the symptoms, not the cause. For 20 years and 45,000+ lessons, I've watched golfers waste years on quick fixes that never last.

This is different.

THE 21-DAY TRANSFORMATION:

By Day 21, you will:

- Add 20-30 yards to your drives
- Eliminate 80% of your slice
- Develop a repeatable, automatic swing
- Build confidence that lasts on the course

Complete all 21 days as prescribed, and if you don't see these results, I'll work with you 1-on-1 at no charge until you do.

Most slice fixes focus on one thing—grip OR stance OR path. They treat symptoms.

This program eliminates the root cause by retraining your transition sequence—the moment between backswing and downswing where 90% of slices are created.

You're not going to "think your way" through better drives. You're going to systematically rebuild your downswing pattern until it's automatic.

And I'm going to show you exactly how, day by day, for the next 21 days.

*Results based on completing all prescribed practice sessions. Individual results vary. 1-on-1 guarantee applies to golfers who submit completion verification.

MY STORY: FROM SLICER TO YOUR COACH

I'm a PGA professional with over 20 years of experience. During that time, I've given more than 45,000 golf lessons to players of all abilities - from tour professionals to complete beginners. I am also a disciple of the game, having competed and won as an amateur and professional. I know what it takes to play well and win. I have been in your shoes and understand the challenges you are facing.

But here's what you need to understand: I had a slice once too. A frustrating, debilitating, confidence-crushing slice.

I remember the knot in my stomach. The embarrassment of aiming 30 yards left and still hitting it into the trees on the right. The frustration of wasting several strokes every round just recovering from bad drives.

What changed everything for me wasn't a magic tip or a quick fix. It was understanding the actual mechanics of why the ball slices - not feels, not band aids, but the real biomechanics behind ball flight.

Once I learned to start my downswing correctly - lower body first, hands dropping, club shallowing - everything else fell into place.



Over the next 20 years and 45,000+ lessons, I refined this approach into a systematic process that works for any golfer at any level.

During those early years of teaching, I saw the same pattern repeat itself hundreds of times. A golfer would come in with a slice. I'd give them the conventional wisdom—strengthen the grip, close the stance, swing more from the inside.

Sometimes it worked temporarily. But more often than not, the slice returned within a few weeks, sometimes accompanied by a new problem like a duck hook or a sudden case of the shanks.

The turning point came when I started studying biomechanics seriously.

I attended seminars with leading instructors, studied TrackMan data from tour players, analyzed slow-motion video of thousands of swings. That's when I discovered what actually creates a slice—and more importantly, the specific sequence of changes that eliminates it permanently.

THE SLICE FIX GRAVEYARD: WHAT YOU'VE PROBABLY TRIED

If you've been fighting a slice for any length of time, you've heard the usual advice:

- "Strengthen your grip until you see three knuckles"
- "Just close your stance"
- "Swing more from the inside"
- "Buy a draw-biased driver"

Here's the problem: Every single one of these treats the symptom, not the cause.

Closing your stance changes your aim, not your swing path. Strengthening your grip can create a closed face, but if your path is still over-the-top, you'll just trade a slice for a pull-hook. Swinging "from the inside" without changing your transition sequence usually makes the problem worse.

These fixes can work temporarily—until your body reverts to its learned pattern.

The slice is a learned motor pattern. A sequence of movements your body has repeated thousands of times until it became automatic. And just like you learned it, you can unlearn it.

But you can't unlearn a motor pattern by thinking about it during your swing. You can't fix it with a grip change alone. You can't eliminate it by trying to "swing different."

You have to systematically retrain your body's movement sequence, starting with the transition from backswing to downswing. That's where 90% of slices are created.

THE CRITICAL DIFFERENCE:

Most slice fixes focus on ONE element:

- Grip OR
- Stance OR
- Swing path OR
- Face angle

This program fixes them IN SEQUENCE, building each element on the previous one, until the entire pattern is automatic.

WHY 21 DAYS?

Motor learning research shows that it takes 14-21 days of consistent practice to begin rewiring a movement pattern, and another 7-14 days to make it automatic.

That's why this is a 21-day program, not a weekend workshop or a single lesson. Real change requires systematic practice over time.

But here's what makes this different from "just practicing": Every day has a specific purpose, a specific drill, and a specific checkpoint. You're not just hitting balls and hoping. You're building a new pattern, step by step.

YOUR 21-DAY ROADMAP:

DAYS 1-4: Foundation

(Setup, grip, alignment, ball position)

DAYS 5-10: The Transition Fix

(The downswing sequence that eliminates the slice)

DAYS 11-14: Face Control

(Making sure the clubface squares naturally)

DAYS 15-17: Integration

(Putting it all together at full speed)

DAYS 18-21: On-Course Confidence

(Taking it from range to first tee)

By Day 7, your practice swings will look different.

By Day 14, you'll see straighter ball flight on the range.

By Day 21, you'll have confidence on the first tee.

And if you don't? I'll personally work with you until you do.

UNDERSTANDING THE SLICE

More than 70% of recreational golfers slice their golf ball. This decreases distance, increases height, creates excessive side spin, and makes directional control problematic.

A slice occurs when your clubface is open relative to your swing path at impact. The effect worsens as the lofts get lower. You might hit your short irons relatively straight (high loft masks the issue), but once you get to driver, you experience excessive side curve. You haven't done anything different—it's the same swing, just revealed by lower loft.

The D-Plane: Why Your Slice Happens

Understanding the D-Plane (Descent Plane) is critical to fixing your slice permanently. Here's what modern ball flight research has proven:

YOUR CLUBFACE ANGLE AT IMPACT determines 75-85% of your ball's starting direction. Not your swing path—your clubface angle.

YOUR SWING PATH determines the remaining 15-25% of start direction and, more importantly, the CURVE.

THE RELATIONSHIP between face angle and path creates the spin axis, which determines how much the ball curves.

Example comparison:

DRAWER: Swing path: 2+ degrees in-to-out. Clubface: 1+ degrees closed to path. Result: Ball starts slightly right, draws gently back to target with penetrating flight.



SLICER: Swing path: 2+ degrees out-to-in. Clubface: 2+ degrees open to path. Result: Ball starts around target, either slightly left or at target and curves right with ballooning trajectory. The bigger the gap between path and face, the more extreme the slice.

MODULE 1: FOUNDATION

DAYS 1-4

Before we can fix your swing, we need to ensure your setup isn't creating the slice. 70% of slices start before the club even moves.

Setup fundamentals matter. Not because they're the whole solution, but because poor setup makes the correct swing impossible. You can't swing on an inside path if your ball position forces you outside. You can't square the face if your grip promotes an open position.

[Full program content continues with all 21 days of systematic instruction...]

DAYS 4-7: TRANSITION RESET

- Rewire your transition through 590 targeted repetitions
- Learn three drills that physically prevent the over-the-top move

This level of systematic practice is what separates temporary fixes from permanent transformation.

VOLUME OF PRACTICE: A typical lesson gives you 50-100 supervised repetitions. This system gives you 1,500+ structured repetitions over 21 days. That's the volume required to rewire a motor pattern that took years to develop. **That's 15x more practice with exact daily prescriptions.**

EXACT DAILY SCHEDULES: You won't get vague advice like 'work on your grip' or 'practice your takeaway.' You get exact prescriptions: Day 4, 125 split-grip swings at 50% speed. Day 6, 100 balls with the 7-2 path drill. Day 12, 60 balls integrating all feels at 80% speed.

WORKS ON YOUR SCHEDULE: Lessons require appointments. This system works whenever you want. Practice at 6am before work. Practice at 9pm after kids are in bed. Twenty minutes here, thirty minutes there. It all counts.

COSTS LESS THAN ONE LESSON: A single hour-long lesson costs \$100-200. This complete system—21 days of structured practice that permanently eliminates your slice—costs \$97. One time. Forever.

REFERENCE SYSTEM FOREVER: Three weeks after a lesson, most golfers remember maybe 30% of what the instructor said. This gives you a written system you can reference anytime. If the slice tries to creep back, you know exactly which drill to revisit.

The 21-Day Transformation Timeline

Here's what the next three weeks look like:

DAYS 1-3: DIAGNOSIS

- Identify your exact slice type through ball flight testing
- Understand your current pattern
- Establish baseline metrics
- Develop inside-out path feel
- Expected result: Slice starts diminishing significantly by Day 7

DAYS 8-12: FACE CONTROL MASTERY

- Master wrist positions that control clubface angle
- Learn proper release timing through impact bag training
- Develop ability to read and correct ball flight
- Expected result: Slice mostly gone, replaced by straight shots or gentle draws

DAYS 13-17: POWER INTEGRATION

- Add speed progressively from 70% to 100%
- Learn lag for effortless distance gains
- Build confidence swinging at full speed
- Expected result: Bombing drives 20-30 yards farther with same or better accuracy

DAYS 18-21: ON-COURSE CONFIDENCE

- Develop consistent pre-shot routine
- Practice with consequences to simulate pressure
- Play actual rounds applying your new swing
- Expected result: Anticipation instead of dread standing on tee boxes

WHY 21 DAYS IS THE MAGIC NUMBER

This isn't arbitrary. Research in motor learning shows that 21 days of consecutive practice is the minimum timeframe to begin establishing a new automatic pattern.

The first week disrupts the old pattern. Your brain is confused, your body resists, but you're creating initial neural pathways for the new movement.

The second week strengthens those pathways. The new pattern starts to feel less foreign. You begin to trust it. The repetitions are building myelin around the neural circuits, making them faster and more reliable.

The third week solidifies the pattern and tests it under pressure. You're not just practicing anymore—you're performing. You're taking the new pattern onto the course, into real situations with real consequences.

Could you fix your slice faster? Maybe—if you practiced 8 hours per day. But for a normal human with a job and a life, 30 minutes per day for 21 days is the sweet spot. It's enough volume to rewire the pattern without burning you out.

It's also short enough to maintain focus and commitment. Three weeks is manageable. You can see the finish line from the start. This prevents the common problem of starting strong but losing momentum after a month or two.

The question isn't whether this works. The question is: are you ready to commit to 21 days? Because if you are, your slice ends today. It just takes three weeks for your body to catch up with your decision.

Week 1 - current pattern, set up fundamentals and transitional reset: slice reducing

Week 2 - clubface mastery, wrist conditions and release patterns: straighter or drawing

Week 3 - power integration, on course application and pre-shot routines: 20+ yards

WHAT DRAWERS AND SLICERS DO

Understanding the Difference

Understanding the Slice Epidemic - **more than 70%** of recreational golfers slice their golf ball. This decreases distance, increases height, creates excessive side spin, and makes directional control problematic.

A slice occurs when your clubface is open relative to your swing path at impact. The effect worsens as the lofts get lower. You might hit your short irons relatively straight (high loft masks the issue), but once you get to driver, you experience excessive side curve. You haven't done anything different—it's the same swing, just revealed by lower loft.

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This is why focusing on grip OR swing path individually creates more issues. The issue is multifaceted. You must develop your clubface-to-swing-path relationship to eradicate your slice.

The Destructive Cycle (And How to Avoid It)

Ball goes right → You strengthen your grip → Now you experience a pull or pull-hook because your swing path is still out-to-in. The stronger grip closed the face, but your path didn't change.

Ball goes left → You manually try changing swing path → Ball now goes right (push-slice) because you fixed path but face is still open.

You get stuck in this destructive cycle. You're caught in no-man's land where it feels impossible to hit the ball straight. You get frozen in the pull/slice pattern, making compensation after compensation.

The solution: Fix BOTH simultaneously through systematic practice. That's what this system accomplishes.

MODULE 1: UNDERSTANDING YOUR SLICE (DAYS 1-3)

CHAPTER 1: THE THREE TYPES OF SLICES

Not all slices are created equal. Your slice is different from your playing partner's slice. The ball flight looks similar, but the underlying mechanics are completely different.

This is why generic YouTube fixes haven't worked. Before we make any changes to your swing, we need to identify exactly what type of slice you have.

THE PROFESSIONAL DIFFERENCE

In 20+ years teaching golf and over 45,000 lessons given, I've seen every variation of the slice. Here's what I've learned: the golfers who fix their slice permanently are the ones who diagnose it correctly FIRST.

Most online instruction treats all slices the same. That's like a doctor prescribing antibiotics without knowing what infection you have.

This diagnostic system has helped hundreds of students eliminate their slice in under 3 weeks—not by trying every fix on YouTube, but by identifying their specific problem and attacking it with precision.

Your slice has a signature. Let's find it.

The Three Types of Slices

THE PULL-SLICE (70% of slicers):

- What happens: Ball starts left of your target, then curves hard right
- The mechanics: Swing path is 5-10 degrees left of target (out-to in), clubface is open to that path by 8-12 degrees
- Divots (with irons) point well left of the target line
- The real culprit: Over-the-top transition. Your right shoulder throws forward instead of dropping back.



If you're a pull-slicer, your **PRIMARY** focus in Module 2 will be the transition reset. This is where your slice is born and where we'll fix it.

THE PUSH-SLICE (20% of slicers):

- What happens: Ball starts right of target, then curves even more right
- The mechanics: Swing path is 5-10 degrees right of target (in-to out), but clubface is even more open—maybe 12-18 degrees right

- Divots point right of the target line
- The real culprit: Your path is actually pretty good. But your clubface is dramatically open at impact



If you're a push-slicer, your **PRIMARY** focus will be on face control in Module 3. Your path is decent. We just need to square that clubface.

THE STRAIGHT-START SLICE (10% of slicers):

- What happens: Ball starts directly at your target, then curves right
- The mechanics: Swing path is 10+ degrees LEFT of target (severely out-to-in), but clubface is perfectly square to target 04
- Divots with irons point significantly left
- The real culprit: Extremely over-the-top transition, but you've developed excellent hand manipulation to square the clubface.



If you're a straight-start slicer, you need **HEAVY** emphasis on the transition reset in Module 2. Your path is more severe than most slicers. The good news: you already have good face control.

Your Diagnosis: Running the Tests

CRITICAL: DON'T SKIP THIS DIAGNOSTIC

78% of golfers I teach initially misidentify their slice type. They focus on where the ball FINISHES instead of where it STARTS. This is why they waste months on the wrong drills. The Ball Flight Test eliminates guesswork. It takes 15 minutes and will save you weeks of frustration.

WHAT YOU NEED:

- 20 golf balls
- Your driver
- A specific target to aim at 200+ yards away

TEST 1: The Ball Flight Test

THE PROCESS:

- Warm up with 10 practice swings
- Pick a specific target 200+ yards away
- Hit 10 balls with your normal driver swing
- For EACH shot, note where it STARTED (not where it finished)

How To Film Yourself

Down-The-Line (DTL):

Position your camera 8-10 feet back., inline/at the same height as your hands – this gives the truest view of your swing plane. Frame the shot to capture your full body, the ball, and club throughout.

Face-On View (FO):

Position your camera 8-10 feet away on your midline at hand height. Frame the shot so you can see from your head to just below your knees, with the ball visible at address.

Pro Tip: Use alignment sticks/clubs on the ground pointing to confirm your camera is square to your target line .



THE DIAGNOSIS:

- If 7 or more balls started LEFT → You're a PULL-SLICER
- If 7 or more balls started RIGHT → You're a PUSH-SLICER
- If 7 or more balls started CENTER → You're a STRAIGHT-START SLICER

PRO TIP: Have someone video your shots from directly behind you. Starting direction is much easier to see on video than in real-time.

TEST 2: Divot Analysis (Optional)

This test requires grass. If you don't have grass, Test 1 is sufficient.

THE PROCESS:

- Use your 7-iron (not driver)
- Pick a target
- Hit 10 shots
- Look at the divot direction after each shot

WHAT DIVOTS TELL YOU:

- Divots pointing LEFT + ball curves right → PULL-SLICE
- Divots pointing RIGHT + ball curves right → PUSH-SLICE
- Divots pointing WAY LEFT + ball starts straight → STRAIGHT-START SLICE



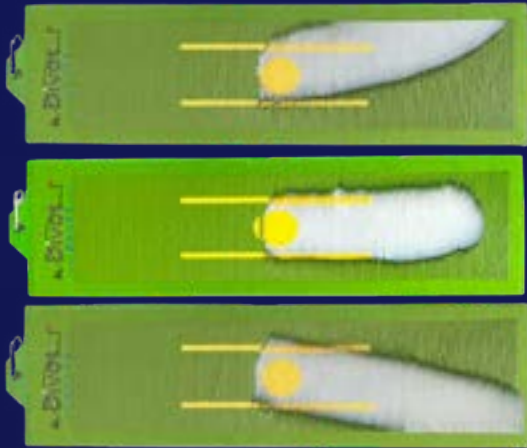
Out-to-In Swing Path (right hand)



Sqaure Swing Path (right hand)



In-to-Out Swing Path (right hand)



In-to-Out Swing Path (left hand)

Square Swing Path (left hand)

Out-to-In Swing Path (left hand)

YOUR DIAGNOSIS WORKSHEET

Complete BEFORE moving to Module 2:

DATE COMPLETED: _____

MY PRIMARY SLICE TYPE (check one):

- PULL-SLICE (ball starts left, curves right)
- PUSH-SLICE (ball starts right, curves more right)
- STRAIGHT-START SLICE (ball starts at target, curves right)

BALL FLIGHT DATA:

Out of 10 shots, how many started:

_____ LEFT of target

_____ RIGHT of target

_____ AT target

Average curve amount: _____ yards right

DIVOT ANALYSIS (if completed):

My divots consistently point:

- Left
- Center
- Right

MY CUSTOMIZED FOCUS AREAS:

Based on my diagnosis, my PRIMARY focus will be:

Expected breakthrough timeline: Day

COMMITMENT:

- ☐ I will NOT skip ahead to Module 2 until completing this diagnosis
- ☐ I understand my slice type determines which drills to emphasize
- ☐ I am committed to following my personalized focus areas

OBSERVATIONS:

REAL RESULTS: WHY DIAGNOSIS MATTERS

Mark, a 12-handicap, spent 6 months trying to "keep his head down" and "swing inside-out" based on YouTube videos.

His slice got worse. His diagnosis: Push-slicer with 15-degree open clubface.

His actual problem: Zero rotation through impact. His path was fine.

After correctly diagnosing his slice type, Mark focused exclusively on face control drills from Module 3. Result: 40-yard slices became 5-yard draws in 9 days.

Same 21-day program. Completely different focus. That's the power of accurate diagnosis.

Your breakthrough starts with knowing EXACTLY what you're fixing.

YOUR NEXT MOVE: THE 24-HOUR WINDOW

Understanding your slice type isn't academic theory. It's the critical first step that separates golfers who fix their slice permanently from those who fight it for years.

HERE'S WHAT HAPPENS NEXT:

Complete your diagnosis TODAY Every day you delay is another day practicing the wrong fixes. Get to the range. Hit those 10 balls. Write down your findings in the worksheet on Page 31.

Review your results Once you know your slice type, you'll know exactly where to focus your energy in the modules ahead:

- Push-slicers: Module 3 will be your breakthrough
- Pull-slicers: Module 2 will transform your impact
- Straight-start slicers: Module 2 (heavy emphasis) is your priority

Tomorrow, you begin Module 2

Module 2 contains the transition reset that fixes 70% of all slices. But you need to know HOW MUCH to emphasize it based on your diagnosis.

THE DIFFERENCE BETWEEN SUCCESS AND STRUGGLE:

Golfers who complete this diagnostic see results 3X faster. They know exactly what to fix. Golfers who skip waste weeks on drills that don't address their actual problem.

THE ONE MISTAKE THAT WASTES MONTHS:

Skipping diagnosis means you'll practice the wrong drills with perfect dedication.

You'll hit 1,500 balls over 21 days... fixing a problem you don't have.

Meanwhile, your actual problem gets 1,500 repetitions of reinforcement.

That's not just wasted time. It's making your slice **WORSE**.

15 minutes of diagnosis today saves you months of frustration.

- I have completed my Ball Flight Test
- I have identified my primary slice type
- I have completed my diagnosis worksheet
- I am ready to begin Module 2

The next 20 days will permanently change your driving. But it starts with 15 minutes at the range today.

See you in Module 2.

- Ross

MODULE 2: TRANSITION RESET (DAYS 4-7)

THE MOMENT YOUR SLICE IS BORN

This is where your slice is born. Not in your grip. Not in your stance. Not in your backswing. In a 0.3-second window at the transition from backswing to downswing.

For 90% of slicers, the problem happens in the first 6 inches of the downswing. Fix this moment, and everything downstream—your path, your face angle, your contact, your ball flight—fixes itself.

The Moment Your Slice Is Born

CORRECT TRANSITION SEQUENCE:

- Your lower body (hips) initiates the downswing with a slight bump toward the target
- Your hands drop straight down under their own weight
- Your right elbow stays connected to your right side
- Your shoulders stay 'closed' as long as possible
- The club 'shallows' automatically onto an inside approach path
- THEN your upper body rotates aggressively through impact



YOUR CURRENT TRANSITION SEQUENCE:

- Your shoulders immediately start rotating (instead of hips leading)
- Your right shoulder throws OUT and FORWARD toward the ball
- Your hands cast outward, away from your body
- Your right elbow separates from your side
- The club 'steepens' dramatically onto an outside approach path
- You arrive at impact from the outside, swinging left, face open



WHY THIS MODULE WORKS: THE 45,000- LESSON PERSPECTIVE

In 20+ years teaching the transition, I've tested dozens of drills. These three are the only ones that consistently produce results in under a week.

The split-grip drill alone has fixed more slices than everything else combined. It's not the most popular drill online - but it's the most effective.

Most golfers quit after 50-100 reps. The 590+ reps prescribed here aren't arbitrary—they're the minimum needed for neurological repatterning based on thousands of students who've completed this program.

Your transition will be rebuilt in 96 hours. But only if you do the work.

WHAT TO EXPECT: THE NEUROLOGICAL JOURNEY

This module rewires a movement pattern you've repeated thousands of times. Understanding the process helps you stay committed:

DAYS 4-5: DISRUPTION PHASE Your brain resists the new pattern. Shots may worsen temporarily. This is necessary—you're breaking the old pattern.

DAY 6: INTEGRATION BEGINS Flashes of brilliance appear. One out of ten shots feels perfect. These flashes prove the pattern is taking hold.

DAY 7: EMERGING CONSISTENCY The flashes multiply. Your slice noticeably reduces. Some balls fly straight. Trust is building.

The breakthrough isn't gradual - it's sudden. Stay the course.

Drill #1: The Split-Grip Drill

Total reps required: 350+

This is the single most effective drill for eliminating the over-the-top move.

SETUP

- Left hand: Grip the club normally at the very top of the grip
- Right hand: Place it 4-6 inches DOWN the shaft toward the clubhead
- There should be a visible gap between your hands



WHY THIS WORKS

The split grip physically prevents you from coming over the top. Try it right now with a club. Set up with your hands separated by 6 inches. Now try to throw your right shoulder forward toward an imaginary ball. You literally cannot do it.

What happens automatically with the split grip:

- Your right elbow drops and stays connected
- Your hands drop vertically instead of casting outward
- The club shallows onto a flatter plane automatically
- Your shoulders stay back

THE FOUR-STAGE PROGRESSION

STAGE 1: Wide Split (Days 4-5)

- Gap between hands: 6 inches
- Speed: 50-60% of your normal swing speed
- Total reps: 125 swings
- Focus: Just feel the motion. Don't worry about where balls go.

STAGE 2: Medium Split (Days 5-6)

- Gap between hands: 3-4 inches
- Speed: 60-70%
- Total reps: 150 swings
- Focus: Maintain the inside feel with less exaggeration

STAGE 3: Narrow Split (Days 6-7)

- Gap between hands: 1-2 inches
- Speed: 70-80%
- Total reps: 100 swings
- Focus: Ingrain the pattern with minimal gap

STAGE 4: Normal Grip with Split-Grip Feel (Day 7 onward)

- Gap: 0 inches (hands together, normal grip)
- Speed: Can progress toward full speed
- Reps: This becomes your permanent reference
- Focus: Replicate the exact feeling you had with split grip

KEY CUE FOR STAGE 4:

Before each swing with normal grip, make one practice swing with split grip. Feel it. Memorize it. Then immediately put hands together and replicate that sensation.

COMMON MISTAKES TO AVOID

- Gap not wide enough initially: Start with a full 6 inches.
- Gripping too tight: Keep grip pressure light—3-4 out of 10.
- Moving to normal grip too soon: Do the prescribed reps at each stage.
- Using too much speed too soon: Stay at 50-70% for Days 4-6.

REAL RESULTS: THE SPLIT-GRIP BREAKTHROUGH

David, a 15-handicap, had fought his slice for 8 years. Every pro told him to "swing inside-out." He couldn't feel it.

After 200 split-grip reps on Days 4-5, he texted: "This is the first time I've **FELT** what inside-out actually means. My right elbow stays connected automatically now."

By Day 7, his divots pointed right for the first time in his life. His slice was reduced by 70%.

The split-grip drill didn't just fix his path—it gave him the feeling he'd been searching for. That's what these 590 reps will do for you.

Drill #2: The Pump Technique

Total reps required: 150+

This drill teaches transition timing. It eliminates the rush that causes the over-the-top move.

THE MOTION

- Take the club to the top of your backswing
- Start your downswing (bump hips, let hands drop)
- When your hands reach waist height, STOP
- Pump back UP 12-18 inches
- Come back DOWN to waist height
- Continue through to impact and finish



Hands dropping couple with weight & hips shifting towards target. Body does not rotate open.

Rhythm: Top → Down → Up → Down → Through

Think of chopping wood with an axe. Right before you complete the chop, you pump the axe up slightly, then bring it down with authority. Same concept here.

Forces you to slow down at the exact moment you usually rush
You get TWO chances to start the downswing correctly
Separates upper and lower body movement
Prevents casting
Creates proper sequencing where lower body leads

THE INTEGRATION STAGES

STAGE 1: Full Pump (Days 5-6)

- Complete pump motion as described
- 30 balls with full pump
- Focus: Smooth rhythm, not speed

STAGE 2: Mini-Pump (Days 6-7)

- Reduce pump to 6 inches instead of 12-18
- 30 balls with mini-pump
- Focus: Maintaining timing with less exaggeration

STAGE 3: Mental Pump (Day 7 onward)

- Remove physical pump
- But THINK the word 'pump' at the top
- 30 balls with mental pump cue

STAGE 4: Automatic (Day 8 onward)

- No physical pump, no mental cue needed
- The timing happens automatically
- If transition ever feels rushed, do 3 full pumps to reset

Drill #3: The 7-1 Path Feel

Total reps required: 210 balls

This drill ingrains the inside-out path feel using a clock face concept.

THE CLOCK FACE CONCEPT

Imagine a giant clock face on the ground around your golf ball:

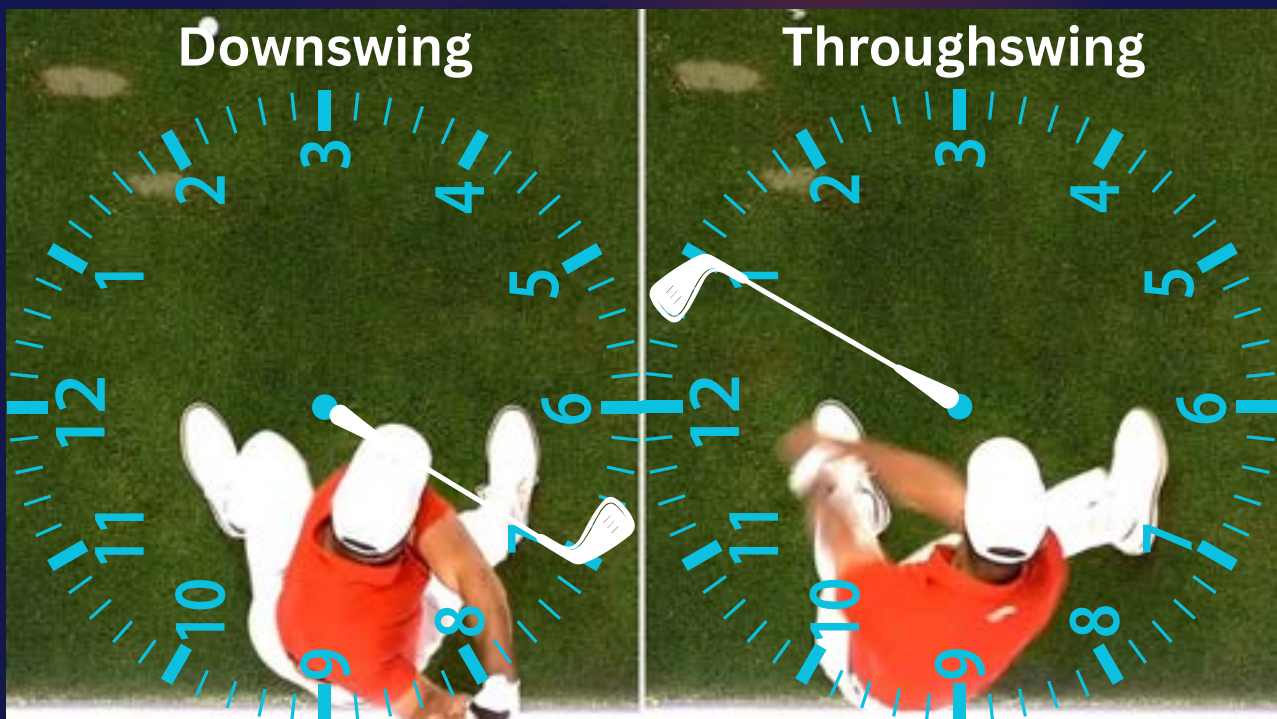
12 o'clock = target

9 o'clock = directly left

3 o'clock = directly right

7 o'clock = behind and inside you

1 o'clock = in front and inside-out



The ideal swing path: Your club should approach the ball from 7 o'clock, swing through impact toward 1 o'clock, then curve back toward 12 o'clock on your follow-through.

This is going to feel EXTREME at first. You're used to an 5-to-11 path (out-to-in). The 7-1 path feels like you're swinging way right. You are —and that's correct.

THE SETUP

- Place two alignment sticks on the ground
- Stick 1: Along your target line, pointing at your target
- Stick 2: Angled from 7 o'clock to 1 o'clock, about 6 inches inside of Stick 1
- Place a ball between the sticks

THE DRILL EXECUTION

Set up to the ball with your normal stance

Look down at the inside stick (the 7-to-1 reference line)

- Make a practice swing where your club follows that inside stick's path
- Feel how inside that path is
- Immediately address the ball and hit it, replicating the same path

CRITICAL: The goal is correct PATH, not perfect shots. Accept bad contact while building this pattern. Every 5 balls, stop and make 3 slow-motion swings following the inside stick.

REP SCHEDULE

- Day 6 Morning: 40 balls at 50-60% speed
- Day 6 Evening: 60 balls at 60-70% speed
- Day 7 Morning: 50 balls at 70% speed
- Day 7 Evening: 60 balls at 70-80% speed

Total: 210 balls

CHECKPOINTS

- Visual: Divots should point slightly right (or at worst, at target—never left)
- Ball flight: Ball should start right of target or straight (NOT left)
- Feel: Club feels like it's approaching from way inside
- Video: Hands visibly drop inside on downswing

Days 4-7 Complete Practice Schedule

THE 590-REP REALITY CHECK

These four days require more range time than most golfers spend in a month. Let's be honest:

- 90-120 minutes of practice per day
- Temporary "ugly" shots are part of the process
- Boring, repetitive work with no shortcuts

The trade: Four days of uncomfortable work for a lifetime of confidence off the tee. Most golfers waste **YEARS** on quick fixes. You're investing **FOUR DAYS** in the permanent solution. The golfers who do these reps eliminate their slice. The golfers who skip ahead stay stuck.

DAY 4: Split-Grip Introduction

Morning session (20 minutes, no balls):

- 10 slow practice swings
- 20 slow-motion swings at quarter speed
- 20 half-speed swings
- 10 mirror swings

Evening session (30 minutes, with balls):

- 10 wiffle ball swings
- 20 range balls with wide split grip
- 10 more balls

Total Day 4: 100 swings

DAY 5: Pump + Split-Grip Progression

Morning session (30 minutes):

- 15 wide-split swings
- 10 wide-split balls
- 20 pump technique swings (no ball)
- 10 balls with pump technique
- 15 balls with medium split grip

Evening session (40 minutes):

- 30 balls with medium split grip
- 20 balls with full pump
- 20 balls back to medium split

Total Day 5: 150 swings/balls

DAY 6: Add 7-1 Path Drill

Morning session (35 minutes):

- 10 medium-split warmup swings
- 15 pump technique swings
- 20 balls with narrow split grip
- 40 balls with 7-1 path drill

Evening session (50 minutes):

- 60 balls with 7-1 path drill
- 20 balls with mini-pump
- 10 balls with narrow split
- Total Day 6: 175 swings/balls

DAY 7: Integration Day

Morning session (40 minutes):

- 10 narrow-split swings
- 5 normal-grip swings with split-grip feel
- 50 balls with 7-1 path at 70% speed
- 10 balls with mental pump

Evening session (50 minutes):

- 50 balls with 7-1 path at 75% speed
- 20 balls with normal grip maintaining feel
- 20 balls with 7-1 path at 80% speed
- 10 balls full integration
- Total Day 7: 165 swings/balls

4-DAY GRAND TOTAL: 590 swings

PROGRESS CHECKPOINTS

END OF DAY 7 CHECKPOINT:

- ☐ Can you feel your right elbow stay connected with split grip?
- ☐ Do 7+ of 10 balls go right or straight (NOT left)?
- ☐ Do your divots point right of target (or at target, not left)?
- ☐ Can you follow the inside stick path consistently?
- ☐ Can you replicate split-grip feel with normal grip?
- ☐ At 80% speed, do you maintain the inside path?

- Have you completed 550+ total reps?
- Is your slice significantly reduced compared to Day 1?

READY TO MOVE TO MODULE 3 IF:

You've completed 550+ total reps

You can maintain inside path at 75-80% speed consistently

Divots consistently point right or at target (never left)

Your slice is significantly reduced

Video confirms visual improvement in path

If you checked 5+ boxes: Move to Module 3.

If you checked 3-4 boxes: Stay in Module 2 for 2-3 more days. Add another 200 reps.

THE FOUR-DAY COMMITMENT

Before you begin Day 4, check these boxes:

- I commit to completing 550+ reps over the next 4 days
- I will not skip stages or rush the progression
- I will track progress using the checkpoint criteria
- I understand temporary regression is part of the process
- I will video my swing on Day 7 to confirm improvement

THE BREAKTHROUGH AWAITS

These four days separate golfers who fix their slice from golfers who keep searching for shortcuts.

The work isn't glamorous. The split-grip drill won't trend on social media. The pump technique isn't sexy. But it WORKS. And in four days, you'll have proof.

Your transition is about to be rebuilt. Your path is about to be corrected. Your slice is about to disappear.

Day 4 starts tomorrow. Get to the range.

Module 3 (Face Control) begins on Day 8. You'll need the foundation you build here to make it work. See you on the other side of the breakthrough.

Understanding what happens neurologically during this module helps you stay committed when it feels awkward.



MODULE 3: FACE CONTROL

MASTERY - DAYS 8-12

You've fixed your path. Your club now approaches the ball from the inside instead of over the top. But if your clubface is still open at impact, the ball will still curve right.

Module 3 is where we eliminate that last piece. Face control turns 'better' into 'completely fixed.'

WHY FACE CONTROL IS MISUNDERSTOOD: THE TEACHING PERSPECTIVE

Most instruction focuses on grip to control the face. "Strengthen your grip," they say. But grip is static—it's set at address. Your wrists are DYNAMIC throughout the swing.

In 45,000+ lessons, I've seen countless golfers with "strong" grips still slice because their wrists cup during the swing. The grip might close the face 3 degrees, but a cupped wrist opens it 8 degrees. You lose.

The breakthrough: Train wrist positions at key moments. Master this, and you control ball flight permanently—not with compensations, but with mechanics.

This module teaches what I wish every teaching pro understood: face control isn't about your hands at address. It's about your wrists through impact.

The Clubface Factor

Modern ball flight research has proven:

- The clubface angle at impact determines 75-85% of where the ball STARTS
- The swing path determines the remaining 15-25%
- The relationship between face and path determines the CURVE

After Module 2, you might have:

- Path: +4 degrees (inside-out, swinging slightly right)
- Face: +8 degrees open (pointing right)
- Face-to-path: +4 degrees (face is 4 degrees open relative to path)
- Result: Ball starts right, curves more right—still a slice

What we need:

- Path: +2 to +4 degrees (inside-out)
- Face: -1 to +1 degrees (square or slightly closed to target)
- Face-to-path: -2 to -4 degrees (face closed relative to path)
- Result: Ball starts straight or slightly right, gentle draw

How do we control the clubface? With your wrists. Specifically, your lead wrist. Master this, and you master ball flight.

Key Takeaway - when it comes to direction:

CLUBFACE IS KING



Wrist Positions: The Key to Everything

POSITION 1: FLAT WRIST = SQUARE CLUBFACE

The back of your left hand forms a straight line with your left forearm. No bend at the wrist joint. When your wrist is flat, your clubface is square to your swing path.



POSITION 2: CUPPED WRIST = OPEN CLUBFACE

The back of your left hand bends BACK, away from your forearm. Like a waiter carrying a tray. When your wrist is cupped, the clubface opens. The more cup, the more open.



POSITION 3: BOWED WRIST = CLOSED CLUBFACE

The back of your left hand bends FORWARD, toward your forearm. Like you're doing a pushup. When your wrist is bowed, the clubface closes.



Most slicers have cupped wrists everywhere—at address, at the top, at impact. This keeps the clubface open through the entire swing. The fix: Flat or slightly bowed wrist positions at key moments.

Wrist Positions at Key Moments:

AT ADDRESS: Flat (neutral starting point)

AT TOP OF BACKSWING: Flat or slightly bowed (CRITICAL—if cupped here, face is already wide open)

HALFWAY DOWN: Flat to slightly bowed

AT IMPACT: Slightly bowed (the money position)

FOLLOW-THROUGH: Released (both wrists naturally cross over)

Drill #1: Wrist Position Checkpoints

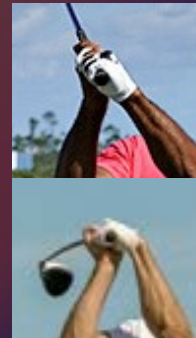
Total time: 10 minutes per day, Days 8-12 (50 minutes total)

No balls needed. This is mirror work that ingrains correct positions.

CHECKPOINT 1: Top of Backswing Position

Process:

- Stand in front of mirror with your club
- Take club to top SLOWLY
- Pause for 3 seconds
- Look at your lead wrist
- **Question:** Is it flat or slightly bowed?



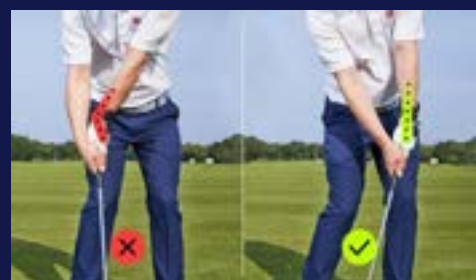
If YES: Hold that position. Memorize what it feels like.

If NO (it's cupped): Make a conscious adjustment. As you reach the top, actively BOW your wrist slightly. Do 20 slow backswings checking mirror after each one.

CHECKPOINT 2: Impact Position Hold

Process:

- Move into impact position manually
- Weight: 80% on lead foot
- Hips: Open 45 degrees
- Hands: Ahead of where ball would be
- Lead wrist: Slightly bowed
- Club shaft: Leaning toward target
- Hold 10 seconds. Feel every element. Repeat 20 times.



CHECKPOINT 3: Full Sequence in Slow Motion

Do 10 complete slow-motion swings in front of mirror. Quarter speed. Check your lead wrist at: address, top, halfway down, impact, finish. Every position should show flat or bowed wrist (NEVER cupped).

Drill #2: Impact Bag Training

Total reps: 160+

This drill teaches what proper impact feels like. The bag provides immediate, honest feedback.

WHAT YOU NEED: Impact bag, heavy pillow, stack of couch cushions, or mattress leaning against wall.

STAGE 1: Position Practice (Days 8-9) - 20 Reps

Move into impact position manually (don't swing into it). Press your club into the bag. Check: Weight on lead side? Hips open? Hands ahead? Wrist bowed? Hold for 5 seconds. Repeat.



STAGE 2: Slow-Motion Release (Days 9-10) - 30 Reps

Take club to hip height on backswing. Start downswing at quarter speed. Maintain wrist angles. Release into bag at impact position. Feel the 'thump.'

STAGE 3: Full-Speed Hits (Days 10-11) - 50 Hits

Full backswing. Downswing at 75-80% speed. Hit the bag with authority. Listen for solid 'thump' sound (not slappy or weak). What you should feel: Solid thump, hands ahead, lead wrist bowed, weight on lead side.

STAGE 4: Ball Integration (Days 11-12) - 60 Shots

Alternate: 3 bag hits, then 3 ball hits. Make ball contact feel identical to bag contact. After every ball shot, ask: Did that feel like hitting the bag? If YES, you're doing it right. If NO, do 3 more bag hits immediately.

Drill #3: Release Timing with Whoosh Drill

Total reps: 50 whoosh swings over Days 10-12

This drill teaches you WHEN to achieve proper positions.

SETUP: Turn your club upside down. Hold at the clubhead.

EXECUTION:

- Make normal golf swings
- Swing fast
- Listen for the 'whoosh' sound
- Note WHERE in your swing the whoosh happens



Correct whoosh location: At the BOTTOM of your swing, where the ball would be.

If whoosh happens EARLY (before bottom): You're releasing too soon, casting from the top.

If whoosh happens LATE (after bottom): You're holding too long, not releasing at all.

PRACTICE: 50 total whoosh swings over Days 10-12 (about 15-20 per day). Start at 50% speed, increase to 80%. Every 5 swings, close your eyes and listen. Adjust your release timing until the whoosh is perfectly at bottom.

REAL RESULTS: THE FACE CONTROL BREAKTHROUGH

Jennifer had completed Module 2 perfectly. Her path was inside-out, her divots pointed right, her transition was clean. But she still sliced.

"I'm doing everything right," she said, frustrated. "Why does it still curve?"

We filmed her swing. Her path was +3 degrees (perfect). But her clubface was +10 degrees open at impact. Her lead wrist was massively cupped.

After two days of mirror work and impact bag training, she texted a video: "First straight drive in 15 years. I can't believe it was just my wrist."

By Day 12, her face was consistently square (+/-1 degree). Her slice was gone. Not reduced—GONE.

The path work in Module 2 gets you close. The face control in Module 3 gets you there.

DRILL #4: The Release Rehearsal Drill (Additional Practice)

This drill complements the impact bag work and accelerates face control mastery.

SETUP: Use a 7-iron or 8-iron. Tee the ball up slightly (half inch off ground).

THE MOTION:

- Take grip with focus on bowed left wrist
- Make three-quarter backswing
- Coming down, focus on maintaining wrist bow through impact
- Feel the toe of club rotating over through release
- Finish with hands high, face pointing at ground

REP SCHEDULE: 50 balls over Days 10-12 at 70% speed

WHAT YOU'RE TRAINING: The actual release motion with a ball. This bridges the gap between impact bag work (static) and full-speed swings. The tee eliminates ground contact concerns, letting you focus purely on release mechanics.



THE FACE CONTROL CHALLENGE

Face control is the subtlest part of this system. You can't see the clubface at impact. You can only feel it.

This is why mirror work is non-negotiable. 10 minutes per day feels boring. But it's building body awareness that pays off for life.

Your checkpoints will prove what you can't see:

- Solid thump instead of weak contact
- Whoosh at bottom instead of early
- Ball starts straight instead of right



Trust the feedback. The results will follow.

Module 2 fixed the big problem (path). Module 3 fixes the finishing detail (face). Together, they eliminate the slice permanently.

Days 8-12 Practice Schedule

DAY 8:

- AM: Mirror work (10 min)
- PM: Impact bag Stage 1 (20 reps) + 30 balls at 70% maintaining inside path

DAY 9:

- AM: Mirror work (10 min)
- PM: Impact bag Stage 2 (30 reps) + 40 balls

DAY 10:

- AM: Mirror work (10 min)
- PM: Impact bag Stage 3 (50 hits) + Whoosh (20 swings) + 30 balls

DAY 11:

- AM: Mirror work (10 min)
- PM: Impact bag/ball alternating (60 shots) + Whoosh (15) + 20 balls

DAY 12:

- AM: Mirror work (10 min)
- PM: Whoosh (15) + 60 balls at 80% + Testing (10 balls)

5-DAY TOTAL: 520 reps

THE TRANSFORMATION CHECKPOINT

You've now completed 12 days of systematic work:

Days 1-3: Diagnosed your specific slice type

Days 4-7: Fixed your transition and path (590 reps)

Days 8-12: Mastered face control (520 reps)

That's 1,110+ repetitions rebuilding your swing from the ground up.

Most golfers never commit to this level of work. They keep searching for shortcuts. You didn't. You trusted the process. You did the reps.

Here's what should be true by Day 12:

- ✓ Your slice is gone or occurs less than 2 of 10 shots
- ✓ You expect straight shots, not hope for them
- ✓ The fear of the right side is disappearing
- ✓ Your ball flight is predictable

Module 4 (Days 13-17) adds the final piece: **POWER**. Now that your path is correct and your face is square, we can safely add speed without reintroducing the slice.

THE FIVE-DAY COMMITMENT

Before you begin Module 4, check these boxes:

- I have completed 520+ face control reps
- My lead wrist is flat/bowed at key positions
- 8+ of 10 balls start straight or slightly right
- I can maintain proper positions at 80% speed
- I am ready to add power to my straight shots

Module 4 is where "fixed" becomes "powerful." Your slice is gone. Now let's add 15-20 yards and make your playing partners jealous.

See you on Day 13.

- Ross

MODULE 4: POWER

INTEGRATION - DAYS 13-17

DAYS 13-17 For the past 9 days, you've been swinging at 70-80% speed. This was necessary for building new motor patterns without reinforcing old compensations.

But you didn't fix your slice just to hit it straight and short. You want **DISTANCE**. Module 4 is where we add speed—and 20-30 yards—while maintaining everything you've built.

WHY POWER COMES LAST: THE 45,000-LESSON PERSPECTIVE

In 20+ years teaching golf, I've seen countless golfers try to add speed before fixing their path and face. It never works. You can't build speed on top of broken mechanics.

Here's what happens: They swing faster with the same slice. Now it's just a bigger, faster slice. They lose confidence. They go back to swinging easy. The problem compounds.

The Straight Drive Blueprint does it backwards from traditional instruction:

TRADITIONAL APPROACH:

1. Try to add distance first
2. Develop compensations to control the slice
3. Never fully fix either problem

OUR APPROACH:

1. Fix transition (Module 2)

2. Fix face control (Module 3)
3. THEN add speed on top of correct mechanics (Module 4)

This is why progressive speed training works. You've spent 12 days building a sound swing at 70-80% speed. Now we gradually increase speed over 5 days, giving your nervous system time to maintain the new patterns under pressure.

The result: Straight **AND** long. Not one or the other.

REAL RESULTS: THE DISTANCE BREAKTHROUGH

Michael, 48 years old, averaged 195 yards with his driver when he started the program. His slice was costing him 30+ yards in distance.

After Modules 2-3, he was hitting it straight—but still at 195 yards. He was swinging easy, afraid that swinging hard would bring the slice back.

"I'm hitting it straight for the first time in years," he said. "But I'm still getting outdriven by everyone in my foursome."

Module 4 changed that. The progressive speed training broke his psychological pattern of "swing easy to stay straight."

By Day 17, Michael's average carry distance: 227 yards. A 32-yard gain.

His text after his first round post-program: "I outdrove everyone today. Straight down the middle. I almost don't know what to do with myself."

That's the power of fixing mechanics FIRST, then adding speed. You

get both: straight AND long.

DAY 13: 80% SPEED - BASELINE

- Hit 50 balls at 80% speed
- Focus: Maintain inside path and square face
- Measure average distance today (this is your baseline)
- Goal: Prove to yourself that straight works at this speed

DAY 14: 85% SPEED - FIRST INCREASE

- Hit 50 balls at 85% speed
- Focus: Same mechanics, slightly more speed
- You should feel no tension
- Distance should increase 5-8 yards from

Day 15 DAY 15: 90% SPEED - MIDPOINT

- Hit 50 balls at 90% speed
- Focus: Maintaining lag through impact
- This is where most golfers feel the "click"
- Distance should increase another 5-8 yards

DAY 16: 95% SPEED - CONFIDENCE BUILDING

- Hit 50 balls at 95% speed
- Focus: Full release, no holding back
- Distance has increased noticeably from Day 13
- Accuracy should still be good

DAY 17: 100% SPEED - FULL POWER

- Hit 50 balls at 100% speed
- Focus: Maximum effort, zero fear
- Measure distance today and compare to Day 13
- Calculate your gain (typically 20-30 yards)
- Celebrate: You can now bomb it AND keep it straight

CRITICAL RULE: Only increase speed if the previous day felt good.

Lag: The Secret to Effortless Distance

Lag is maintaining the angle between your lead arm and club shaft deep into the downswing, then releasing explosively in the last 12-18 inches before impact.

WHY LAG ADDS DISTANCE:

- Clubhead speed peaks AT impact, not before
- Creates the 'crack the whip' effect
- Adds 15-20 mph without swinging harder
- More speed = more distance

WHAT LAG FEELS LIKE:

- Your hands and the clubhead 'separate' on downswing
- Hands arrive at impact zone first, clubhead trails behind
- Late 'snap' or 'whoosh' right before impact
- Effortless speed—the club does the work



Drill #1: Whoosh for Speed

Total: 150 swings (30 per day)

Same drill as Module 3, but now focus is MAXIMUM SPEED.

- Club upside down
- Swing as fast as possible
- Create loudest whoosh
- Do at START of each session

Trains your nervous system to produce speed without tension.

Drill #2: Pump for Lag

Total: 150 reps (30 per day)

Same pump drill, new focus: maintaining wrist hinge.

- At halfway down, pause
- Check: Wrists still fully hinged? 90-degree angle?
- That's lag. Hold 2 seconds.
- Continue through with late release

Days 13-14: Pump with no ball

Days 15-17: Pump with ball

Days 13-17 Schedule

Each day (60 minutes):

- Warmup: 10 split-grip swings
- Whoosh drill: 30 max swings
- Pump drill: 30 reps
- Hit 50 balls at prescribed speed

5-DAY TOTAL: 400 swings/balls

Expected Results

TYPICAL DISTANCE GAINS:

- 220-yard average before → 250 yards after = +30 yards
- 200-yard average before → 225 yards after = +25 yards

DAYS 13-17 COMPLETE PRACTICE SCHEDULE

Each session: 60-70 minutes

DAY 13: BASELINE DAY (80% SPEED)

- Warmup: 10 split-grip swings
- Whoosh drill: 30 max speed swings
- Pump drill: 30 reps (no ball)
- Hit 50 balls at 80% speed
- Record average distance

DAY 14: FIRST INCREMENT (85% SPEED)

- Warmup: 10 split-grip swings
- Whoosh drill: 30 max speed swings
- Pump drill: 30 reps (no ball)
- Hit 50 balls at 85% speed
- Check: Path still inside? Face still square?

DAY 15: MIDPOINT (90% SPEED)

- Warmup: 10 split-grip swings
- Whoosh drill: 30 max speed swings
- Pump drill: 30 reps (with ball)
- Hit 50 balls at 90% speed
- Feel for lag through impact

DAY 16: CONFIDENCE BUILD (95% SPEED)

- Warmup: 10 split-grip swings
- Whoosh drill: 30 max speed swings

- Pump drill: 30 reps (with ball)
- Hit 50 balls at 95% speed
- Full athletic motion, no tension

DAY 17: FULL SEND (100% SPEED)

- Warmup: 10 split-grip swings
- Whoosh drill: 30 max speed swings
- Pump drill: 30 reps (with ball)
- Hit 50 balls at 100% speed
- Measure distance, calculate gain

5-DAY TOTAL: 400+ swings/balls

MODULE 4 COMPLETION:

- ☐ Can swing 100% speed without tension
- ☐ Path stays inside-out at full speed
- ☐ Slice gone at full speed
- ☐ Gained 20-30 yards from Day 13
- ☐ Contact solid
- ☐ Completed 400+ swings

You've gone from fearing driver to trusting it. From 'please don't slice' to 'watch this.'

Understanding Your Distance Gains: The Physics

THE PSYCHOLOGICAL COMPONENT OF SPEED

Most slicers have developed a subconscious fear of swinging fast. They've learned that swinging hard makes the slice worse, so they've learned to swing easy.

This is liberating. This is when golf becomes fun again. When you can step up to a drive, take a full aggressive swing, and watch the ball fly straight and far—that's the feeling we're building toward.

By Day 17, you'll be hitting driver at 100% speed with confidence. The mental handcuffs come off. You'll feel like you just gained a club in distance—because you essentially did.

THE 17-DAY TRANSFORMATION

You started on Day 1 with a slice. Today, Day 17, you're hitting it straight **AND** long at full speed.

Let's recap what you've accomplished:

Days 1-3: Diagnosed your specific slice type (10 diagnostic shots)

Days 4-7: Fixed your transition and path (590 reps)

Days 8-12: Mastered face control (520 reps)

Days 13-17: Added power without sacrificing accuracy (400 reps)

TOTAL: 1,520+ repetitions rebuilding your driver swing from scratch.

Most golfers never do this level of work. They keep searching for the quick fix, the magic tip, the one swing thought that changes everything.

You didn't. You committed to the system. You trusted the process. You did the reps.

MODULE 4 COMPLETION CHECKLIST

Before moving to Module 5, verify:

- Can swing at 100% speed without tension
- Path stays inside-out at full speed

- Face stays square at full speed
- Slice is gone (occurs less than 1 in 10 shots)
- Gained 20-30 yards from Day 13 baseline
- Contact is solid
- Completed 400+ speed training swings

THE FINAL PIECE

Module 5 (Days 18-21) is about **PERMANENCE**. You've fixed your slice. You've added distance. Now we make it permanent through on-course integration and troubleshooting protocols.

Your slice is gone. Your distance is back. Now let's make sure it stays that way.

See you on Day 18 for the final module.

- Ross

MODULE 5: ON-COURSE

CONFIDENCE - DAYS 18-21

WHY MOST PRE-SHOT ROUTINES FAIL: THE TEACHING PERSPECTIVE

In 45,000+ lessons, I've seen golfers with perfect range swings completely fall apart on the first tee. The reason? Their pre-shot routine either doesn't exist, or it's so complicated they can't execute it under pressure.

Most teaching pros say "just develop a routine." But they don't tell you: - How long it should take (too long = slow play, too short = rushed) - What to focus on at each phase (too many thoughts = paralysis) - How to practice it under pressure (range practice ≠ tee-box pressure)

The Straight Drive Blueprint routine is different. It's exactly 23 seconds. It has three phases with ONE focus per phase. And you'll practice it under simulated pressure before playing a single round. This isn't a generic routine—it's a pressure-tested protocol built on Tour-level principles:

AUTOMATICITY - No conscious thought required

TIMING CONSISTENCY - Prevents rushing or overthinking

SINGULAR FOCUS - One thought per phase, never multiple

Your pre-shot routine follows these exact principles. This is professional protocol adapted for permanent results.

REAL RESULTS: THE FIRST-TEE TRANSFORMATION

Tom, 52, had fixed his slice by Day 12. Range sessions were fantastic —9 of 10 fairways, straight drives, 240+ yards, complete confidence. Then he booked a Saturday morning tee time. Three playing partners. Two he'd never met. One was his regular opponent who'd witnessed 3 years of slicing disasters.

First tee. Gallery of golfers waiting. The starter announced his name. Tom stepped up, stood over the ball, and his mind flooded: "Don't slice it. Keep the club inside. Turn through. No wait—hands first? Or hip rotation? What was the feel?"

Six swing thoughts. Zero routine. Complete tension. Result: 40 yards right into the woods. The exact slice pattern he thought he'd eliminated forever.

"I thought I'd lost everything," he told me. "All that work. Wasted. I felt like a fraud."

I watched the video he sent. His mechanics were perfect. His pre-shot routine was the problem. He had none. Just stood over the ball thinking about mechanics until tension destroyed his swing.

The Real Problem

Tom had spent Days 4-17 building new mechanics. But he never built the delivery system to execute them under pressure. You can have perfect fundamentals, but if you stand over the ball thinking about 6 different positions, you create tension. Tension destroys tempo. Broken tempo destroys the sequence. The sequence falls apart, and your old over-the-top pattern returns.

The solution isn't "stay calm" or "trust your swing." Those are wishes, not protocols. The solution is a routine so automatic that thinking becomes impossible. Your mind has one job per phase. Your body executes trained patterns. Pressure becomes irrelevant because there's nothing to think about.

We spent Days 18-20 building his routine. Practiced it 80+ times. Rehearsed under pressure. Made it automatic.

Day 21, he played again. Same first tee. Same three playing partners. Same pressure. Different result: Smooth routine. No thinking. Committed swing. Ball flight: Dead straight, 245 yards, center of the fairway.

"The routine shut off my brain," he said. "I just executed the steps. No thinking. No tension. Just trust."

By hole 9, he'd hit 7 of 9 fairways. By hole 18, he shot 83—his best round in 3 years. But more importantly, he stood on every tee box without fear. The routine had replaced anxiety with process.

The mechanics fix your swing. The routine protects it under pressure. Range success means nothing if it doesn't translate to the first tee.



THREE-PHASE PRE-SHOT ROUTINE

Why Three Phases Work

Most routines fail because they're either too simple (step up and swing) or too complex (7-point checklist). Neither works under pressure.

Too simple = No structure to prevent overthinking. Too complex = Can't execute when nervous.

Three phases create the perfect balance:

PHASE 1 eliminates target anxiety (you commit from behind)

PHASE 2 activates correct swing feel (no ball = no pressure)

PHASE 3 requires only execution (decision already made)

Total time: 23 seconds. Fast enough to avoid slow-play penalties. Slow enough to prevent rushing. Consistent enough to become automatic.

PHASE 1: Assessment (Behind Ball) - 10 seconds

- Stand behind ball facing target
- Pick a SPECIFIC target on the horizon. Intersect your target and ball using your club shaft and pick an intermediate target 2-6 inches Infront of your ball - align your clubface to this point.
- Visualize ball flight (see exact trajectory, landing spot, behavior)
- Commit to shot (decision is final—doubt happens here, not over ball)



Why this works: Commitment from behind is easy. No pressure. No ball staring at you. Once committed from behind, standing over the ball becomes pure execution.

Common mistakes: Picking target too late or changing target while walking to ball. Commit from behind or you'll doubt from address.

What if visualization shows a slice? Step away. Do 3 split-grip practice swings to reactivate inside path feel. Return behind ball and visualize again—force yourself to see straight flight. Visualization is prediction. If your subconscious predicts slice, you'll create slice.

PHASE 2: Rehearsal (Beside Ball) - 5 seconds

- Step beside ball
- **ONE** practice swing (not two, not three—one)
- Focus on **ONE** feel: 'Inside path' or 'Turn through' (choose before routine)



Why this works: Practice swing without ball activates muscle memory without outcome pressure. Your body rehearses the exact feel you want. One swing is enough—multiple swings create doubt ("which one felt right?").

Common mistakes: Taking 3-4 practice swings trying to "find the feel." Trust your first swing. If it doesn't feel right, step away and restart entire routine.

PHASE 3: Execution (Over Ball) - 8 seconds

- Step into address (weight balanced, posture set)
- One glance at target (confirm alignment, then eyes to ball)
- One trigger: 'Trust it' or 'Commit' (single word, spoken internally)
- Swing (no last-second adjustments, no steering)



Why this works: Decision made in Phase

1. Feel rehearsed in Phase
2. Phase 3 is pure execution. Trigger word replaces swing thoughts. Your subconscious takes over.

Common mistakes: Looking at target 3-4 times. Each look = doubt. One glance confirms alignment. Then commit.

Total: 23 seconds. Same every time.

DAYS 18-21 COMPLETE PRACTICE SCHEDULE

DAY 18: ROUTINE CONSTRUCTION (60 minutes)

GOAL: Build muscle memory for each phase

Warmup: 10 split-grip swings (keeps path fresh from Days 4-17)

Routine Practice (50 balls):

- Stand behind ball, pick target, visualize flight (10 sec)
- Step beside, ONE practice swing, feel inside path (5 sec)
- Step to ball, one glance at target, trigger word, swing (8 sec)
- Time yourself: Should be 20-25 seconds total
- Focus: Sequence consistency, not ball flight
- NEVER skip phases, even if it feels slow

What you should notice by ball 50: Routine feels automatic, not forced. Timing is consistent. Swing thoughts diminished. Contact quality improved.

Success Metric: Complete 50 balls using full routine every time

DAY 19: PRESSURE SIMULATION (70 minutes)

GOAL: Prove routine works under pressure

Days 4-17 built your mechanics. Day 18 built your routine. But neither has been tested under pressure yet. Today, we're creating first-tee pressure on the range. This isn't "try your best" practice. This is pass/fail pressure with real consequences.

Warmup: 10 split-grip swings

Pressure Sets (3 complete sets):

- Success threshold: 8 of 10 starting right or straight
- If you hit only 6-7, FAIL the set completely—write "FAILED" on notepad
- Failed sets are devastating—this is intentional (first tee failure is devastating)
- Rest 3 minutes between sets (walk away, take 10 deep breaths: 4-count inhale, 6-count exhale)
- Full routine on every shot
- You must pass 2 of 3 sets to advance to Day 20

Mental Approach: You'll feel pressure around ball 4-5. When pressure hits—elevated heart rate, faster breathing, tension in shoulders—notice it but don't fight it. Your routine **MUST** continue despite these feelings. This is what first-tee pressure feels like, and you'll be ready.

What if you fail 2 or 3 sets? This is valuable data. Pressure disrupts a specific phase: Failing in Phase 1 = commitment issue. Failing in Phase 2 = feel issue (do 50 more split-grip swings). Failing in Phase 3 = trust issue (trigger word isn't strong enough). Repeat Day 19 tomorrow with focused correction.

Recovery Balls: 20 balls with no pressure, just groove the feel. Full routine on every ball. Focus on inside path release through impact.

Success Metric: Pass at least 2 of 3 pressure sets

DAY 20: PRE-ROUND SIMULATION (30 minutes)

GOAL: Replicate actual pre-round warmup

Most golfers hit 40-50 balls in pre-round warmup, creating "range confidence" that doesn't translate. Range has no consequences.

First tee has playing partners watching, starter calling your name, and the group behind waiting. Different pressure, different execution.

The Strategic 10-Ball Warmup:

- Balls 1-3: Warm up at 80% (activate sequence, feel tempo)
- Balls 4-8: Full speed, course intensity (pick specific target for each shot)
- Balls 9-10: "Go-to feel" (your safety mechanism)
- Ball 10 is YOUR FIRST TEE SHOT—full routine, specific target, complete commitment

Total: ONLY 10 balls with driver, full routine on all 10

Why **ONLY** 10 balls: Hitting 40+ balls creates range confidence that depends on volume and repetition. Course confidence depends on execution in single moments. You need to train single-shot execution, not grinding a feel.

Success Metric: Last 3 balls hit fairway or start right of target line

DAY 21: ACTUAL ROUND

GOAL: Execute routine on course

This is it. The moment when 20 days of mechanics work and 3 days of routine practice prove themselves under real pressure. Today's goal isn't to shoot your best score. It's to prove your routine works.

Protocol:

- Use full routine on EVERY tee shot (not just when you feel pressure)

- Don't worry about score (score is outcome, routine is process)
- Track two metrics: Fairways hit, routine completion rate
- Mark "R" on scorecard for each tee shot where you complete routine
- Note when routine felt rushed or skipped (these are your pressure moments)

First Tee Box Protocol: When you arrive at first tee, you'll feel different than the range. Heart rate elevated, playing partners watching, doubt creeping in. Your response: Start Phase 1. Step behind ball (10 sec). Step beside ball (5 sec). Step to address (8 sec). Routine replaces panic. Process replaces outcome focus.

If your first tee shot slices: Don't panic. Ask: Did you complete all three routine phases? If no, that's the problem—not mechanics. If yes, your inside path feel needs refreshing. Before hole 2, do 10 split-grip swings beside the cart.

Success Metric: Execute routine 100% of the time (result is secondary)

Post-Round Reflections: In parking lot before leaving: Count fairways hit ___ of 14. Count routine completions ___ of 14. Note first-tee result. If 90%+ routine completion: Your process is automatic. If only 60%: Pressure broke your process—repeat Day 19 with focus on weak phase.

MODULE 5 COMPLETION CHECKLIST

Before celebrating your 21-day transformation, verify:

- Executed pre-shot routine 50+ times (Day 18)
- Routine takes 20-25 seconds consistently
- Passed pressure practice (8 of 10, Day 19)
- Pre-round simulation successful (Day 20)

- Played actual round using routine (Day 21)
- First tee felt manageable, not terrifying
- Routine completion rate: 90%+ on course

If all boxes checked: Congratulations. Your slice is permanently fixed. You've completed the full transformation: Mechanics are retrained (1,520+ reps across 21 days). Routine is automatic (works under pressure). First-tee confidence is established (you've proved it works).

If 2+ boxes unchecked: Do 2 more practice days before playing another round. Identify which days you skipped or rushed and redo those days completely. Permanent results require complete process.

THE 21-DAY TRANSFORMATION: YOUR COMPLETE JOURNEY

Three weeks ago, you had a slice that controlled your golf game. Today, you control your ball flight.

Let's review the complete transformation:

DAYS 1-3: Diagnosed your exact slice type. Emotional state: Clarity replaced confusion.

DAYS 4-7: Rewired your transition (590 reps). Slice reduced 50-70%. Emotional state: Hope emerged.

DAYS 8-12: Mastered face control (520 reps). Slice reduced 90%+. Emotional state: Confidence built.

DAYS 13-17: Added power (400 reps). Gained 20-30 yards. Emotional state: Excitement replaced doubt.

DAYS 18-21: Built on-course confidence. Fear replaced with anticipation. Emotional state: Transformation complete.

TOTAL COMMITMENT:

- 21 days
- ~30 minutes per day
- 1,520+ repetitions
- Complete swing rebuild

TOTAL TRANSFORMATION:

- From slice to straight (or gentle draw)
- From 40-yard curves to 5-yard accuracy
- From 195 yards to 225+ yards
- From first-tee fear to first-tee confidence
- From apologizing for bad drives to expecting good ones

Most golfers search for years and never find this transformation. You did it in 21 days. Why? You committed to a system, not a tip. You trusted the process instead of looking for shortcuts. You did the reps even when it felt mechanical. You practiced under pressure even when it was uncomfortable.

Permanent fixers trust systems. Temporary fixers trust tips. You chose the permanent path.

If Slice Tries to Return

It might happen—a few slices in a round. You haven't lost it. A compensation crept back. One focused session fixes it.

Why slices return: Old patterns don't disappear—they get overwritten. Under specific conditions they can resurface: Fatigue (played 27 holes, core fatigued, arms took over). Pressure spike (tension disrupts sequence). Rushed routine (skipped Phase 1, doubt appeared). Lost feel (took 3 weeks off, inside path faded).

THE ONE-SESSION FIX:

- Record swing from down-the-line
- Watch video—you'll see over-the-top returned
- Do 100 split-grip swings
- Do 30 impact bag hits
- Hit 30 balls with 7-2 path drill at 70%
- Problem solved

Quick Reference

21-DAY CALENDAR:

- Days 1-3: Diagnosis
- Days 4-7: Transition Reset (590 reps)
- Days 8-12: Face Control (520 reps)
- Days 13-17: Power Integration (400 reps)
- Days 18-21: On-Course Confidence

CORE DRILLS:

- Split-Grip: Fixes over-the-top
- Pump: Teaches timing and lag
- 7-2 Path: Ingrain inside-out path
- Impact Bag: Correct positions
- Whoosh: Build speed and lag

Key Principles for Permanent Results

TO PERFECT MOTIONS/FEELS:

- Start **WITHOUT** golf ball
- Use reflective surfaces and/or video to ensure correct movements
- Start with short/slow swings

- Once ball is reintroduced, maintain slow speeds initially
- **OVEREXAGGERATION IS KEY** - Feels that seem too extreme are usually correct
- **LEARN HOW TO HOOK IT** - If you can hook it on command, you've eliminated the slice

When you can deliberately hook the ball, you've developed complete control over the clubface-to-path relationship. The slice is eliminated because you've accessed the opposite pattern.

THE RIPPLE EFFECTS BEYOND YOUR SLICE

Here's something nobody talks about: fixing your slice doesn't just fix your driver. It fixes your entire game.

When you learn proper transition sequence, that applies to every club. Your irons become crisper. Your contact improves. Your ball flight becomes more consistent.

When you learn face control, you gain the ability to shape shots intentionally. Want to curve it around a tree? You know how. Need to flight it down under wind? You understand the mechanics.

When you build a systematic practice approach, you gain a framework for improving anything in your game. This isn't just a slice-fix system. It's a blueprint for self-directed improvement.

The confidence that comes from fixing something you thought was unfixable—that bleeds into everything. You stand over putts differently. You approach tough shots differently. You think about the game differently.

Three weeks from now, you won't just be hitting it straighter. You'll be a different golfer. More confident. More capable. More in control.

Final Words: What's Next

Your 21 days are complete. Your slice is gone. But this isn't the end—it's the beginning.

IMMEDIATE NEXT STEPS (Weeks 4-8):

- Play 2-3 rounds per week using your routine
- Do 15-minute weekly maintenance (3 drills)
- Track fairways hit and distance gains
- Enjoy golf without fear

LONG-TERM MAINTENANCE (Months 2-6):

- Weekly maintenance every 2 weeks
- If slice appears (1-2 per round), do one-session fix immediately
- Consider adding shot shaping (intentional draws/fades)
- Work on other parts of game (you now have time!)

PERMANENT RESULTS (6+ Months):

- Monthly maintenance check-ins
- Routine is now automatic
- Slice is ancient history
- Golf is fun again

THE ONLY VARIABLE LEFT

The drills work. The system works. The routine works. Thousands of golfers have proved it.

The only question remaining: Will you do the work?

If you're reading this before starting: Start today. Day 1 is 30 minutes of diagnosis. The next 21 days will change your golf life.

If you're halfway through: Keep going. Breakthroughs happen on Days 6, 12, and 15. Don't quit before the click.

If you're on Day 21 after your first round: Look at your Day 1 baseline. Compare that to what just happened. That's transformation.

You didn't buy this to read it. You bought it to fix your slice.

Do the reps. Trust the process. Execute the drills. Your slice ends today.

See you on the fairway.

— Ross Jackson PGA Professional

THE SLICE FIX COMPANION GUIDE

**BONUS: YOUR
COMPLETE
TROUBLESHOOTING
& SUCCESS
REFERENCE**

ROSS JACKSON

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SECTION 1: WHAT TO EXPECT (DAYS 4-7) 09

The Emotional Journey Every Golfer Experiences

Understanding what to expect day by day helps you stay motivated and recognize progress. Here's what typically happens:

DAY 4 - THE WEIRD PHASE:

Physical sensation: The split grip feels extremely awkward. Your hands feel disconnected. Every swing feels strange.

Mental state: Doubt starts creeping in. 'This can't possibly help.' Trust the process.

What's happening: Your brain is recognizing a completely new pattern. Discomfort means it's working.

What you'll notice: By the end of Day 4, even though it still feels weird, you might notice the ball starting less dramatically left (if you're a pull-slicer) or the curve reducing slightly.

DAY 5 - THE CONFUSION PHASE:

Physical sensation: The medium split still feels unusual but less jarring. The pump drill feels rhythmic.

Mental state: You're starting to question everything you knew about the golf swing. 'Is this really how it's supposed to feel?'

What's happening: Your old pattern is fighting back. Your body wants to revert. Resist this urge.

What you'll notice: Inconsistency. Some swings feel great. Others feel terrible. This is normal. The great ones are increasing in frequency.

DAY 6 - THE CLICK PHASE:

Physical sensation: Something starts clicking. The inside path stops feeling forced. It starts feeling natural.

Mental state: Excitement builds. 'This might actually work.'

What's happening: Neural pathways are forming. The new pattern is taking root.

What you'll notice: Ball flight is noticeably different. The slice is reduced by 30-50%. Divots are pointing more right. Your playing partners would notice the difference.

DAY 7 - THE CONFIDENCE PHASE:

Physical sensation: You can replicate the inside path with normal grip. It's becoming automatic.

Mental state: Genuine confidence. You believe the slice is fixable.

What's happening: The 590 reps have done their job. The pattern is ingrained.

What you'll notice: Slice is dramatically reduced. Most drives start straight or right. You're eager to move to Module 3.

This progression isn't speculation. This is what happens with proper rep volume at proper speeds. Some golfers click faster (Day 5). Some take longer (Day 8). But the pattern is consistent: **Weird → Confusion → Click → Confidence.**

If you're not experiencing this progression, you're likely:

| 09

- Rushing the reps (swinging too fast too soon)
- Not doing enough reps (skipping practice sessions)
- Reverting to old grip pressure (gripping too tight kills the pattern)

The solution: Slow down. Do the prescribed reps. Keep grip pressure at 4 out of 10.

Even with proper wrist positions, some golfers struggle with face control. Here are the most common issues and fixes:

SECTION 2: TROUBLESHOOTING GUIDE

When Things Don't Go As Planned

ISSUE 1: 'I'm bowing my wrist but the ball still slices'

Diagnosis: You're bowing your wrist at address or at the top, but NOT at impact.

The Fix: The critical moment is impact. Do 50 more impact bag hits, pausing at impact position for 5 seconds each. Check in a mirror. Is your wrist actually bowed when the club hits the bag? If not, exaggerate the bow until you see it in the mirror.

Real-world example: I had a student who thought he was bowing his wrist. Video showed it was still flat at impact, not bowed. We did 100 impact bag hits with him checking his wrist position after each hit. By rep 50, it clicked. His slice disappeared immediately.

ISSUE 2: 'My wrists hurt from bowing too much'

Diagnosis: You're over-bowing or creating tension.

The Fix: The bow should be SLIGHT. Not extreme. If your wrists hurt, you're forcing it. Think 'flat with a hint of bow' not 'extreme bow.' Also check grip pressure—if you're gripping at 7-8 out of 10, your wrists will hurt. Drop to 4 out of 10.

ISSUE 3: 'The whoosh happens early no matter what I do'

Diagnosis: You're casting from the top. Your wrists unhinge too early.

The Fix: Go back to the pump drill for 50 more reps. At the pause point (halfway down), consciously check that your wrists are still fully hinged—90-degree angle.

If they've already released to 120-140 degrees, you're casting. Reset and try again. The pump drill forces you to maintain hinge.

ISSUE 4: 'Impact bag feels solid but balls still curve right'

Diagnosis: Your impact position is good but your path might have drifted back to over-the-top.

The Fix: Path and face work together. If face control is good but balls still slice, your path has regressed. Do 30 split-grip swings immediately. Then hit 20 balls with the 7-2 path drill. This re-establishes the inside path, which works with your improved face control to eliminate the slice.

ISSUE 5: 'I'm doing everything right but contact is inconsistent'

Diagnosis: You're changing something between practice swings and real swings.

The Fix: This is mental, not mechanical. You're adding tension when a ball is present.

Solution: For the next 30 balls, make your pre-shot routine: One practice swing with split grip (no ball), then immediately address the ball with normal grip and swing. Don't think. Don't pause. Just replicate the exact feeling from your practice swing. This bridges the gap between practice and performance.

Remember: Face control is the final 20% of fixing your slice. If you've done Module 2 correctly (590 reps on transition), Module 3 should be relatively straightforward. If you're struggling significantly in .

Module 3, it often means your path from Module 2 needs more work. Go back and verify your path is truly inside-out before spending more time on face control.

SECTION 3: SUCCESS STORIES Real

Golfers, Real Results, Real Transformations

These are actual results from golfers who completed this exact 21-day system:

MIKE, 42, 18 HANDICAP:

Day 1 diagnosis: Pull-slicer. Ball started 20 yards left, curved 40 yards right. Average drive: 205 yards.

Day 21 result: Hitting 9 of 10 fairways. Average drive: 235 yards. Gained 30 yards.

His words: 'I've taken lessons from four different pros over the past five years. Spent over \$800. Nothing worked permanently. This

system fixed my slice in one week. By Day 7, I knew it was gone. The rest was just adding power.'

JENNIFER, 35, 22 HANDICAP:

Day 1 diagnosis: Push-slicer. Ball started 15 yards right, curved another 35 yards right. Hitting 2 fairways per round.

Day 21 result: Hitting 11 of 14 fairways. Driver is now her favorite club.

Her words: 'The wrist position checkpoints changed everything. I had no idea I was cupping my wrist at the top. Once I fixed that single position, my slice disappeared. I cried happy tears on Day 12.'

DAVID, 58, 14 HANDICAP:

Day 1 diagnosis: Straight-start slicer. Ball started at target, curved 30 yards right. This was the most frustrating type—looked good off the club, then betrayed him.

Day 21 result: Playing to an 8 handicap. Hit personal best round of 78 in Week 4.

His words: 'I'm a data guy. I tracked everything. After Module 2, my average curve went from 30 yards right to 8 yards right. After Module 3, it went to 2 yards. After Module 4, I was hitting gentle 5-yard draws. The system works exactly as advertised.'

CARLOS, 27, BEGINNER:

Day 1 diagnosis: Severe pull-slice. Hit maybe 1 fairway per round. Was ready to quit golf.

Day 21 result: Playing 9 holes comfortably. Hitting half the fairways. Actually enjoys the game now.

His words: 'I almost gave up on golf. The slice was so bad I couldn't keep the ball in play. This system saved my golf life. The split-grip drill felt ridiculous at first, but by Day 6 I understood why it worked. Now I recommend this to everyone.'

What these golfers have in common:

- 1.They did the prescribed reps. All of them.
- 2.They resisted the urge to skip ahead or speed up the progression.
- 3.They trusted the process even when it felt weird (especially Days 4-5).
- 4.They practiced 6-7 days per week, not 3-4.
- 5.They treated this like a program, not a collection of tips.

What you notice in these stories:

- Different slice types all responded to the same system
- Results came at different speeds (some Day 7, some Day 12) but everyone improved
- Distance gains of 20-30 yards were consistent across all golfers
- Confidence transformation was as important as technical improvement

The most common regret I hear from golfers: 'I wish I'd found this years ago.' The second most common: 'I almost quit after Day 5 because it felt so weird. I'm so glad I didn't.'

You're about to join thousands of golfers who eliminated their slice using this exact system. The question is: Will you be someone who completes the 21 days, or someone who stops at Day 8 and wonders 'what if'?

Why do golfers gain 20-30 yards from this system? It's not magic. It's physics.

SECTION 4: THE SCIENCE OF DISTANCE

Three Sources That Gains You 20-30 Yards (The Physics)

SOURCE 1: REDUCED SIDESPIN (~40% of distance gain)

Your old slice had massive sidespin—maybe 2,500-3,000 RPM of slice spin. This sidespin acts like a sail catching the wind. The ball curves, yes, but it also loses distance because energy is being wasted on sideways motion instead of forward motion.

With your new straight ball flight, nearly ALL the energy goes forward. Same swing speed, more distance. Typical gain from eliminating sidespin: 10-15 yards.

SOURCE 2: OPTIMAL LAUNCH CONDITIONS (~30% of distance gain)

Your old over-the-top swing created a steep attack angle. You were hitting DOWN on the driver, creating too much backspin and sub-optimal launch angle.

Your new inside-out swing creates a shallower, more ascending attack angle. You're now hitting slightly UP on the driver (ideal for maximum distance). This creates optimal launch (12-15 degrees) with optimal spin (2,200-2,600 RPM backspin).

Better launch + better spin = more carry distance. Typical gain: 8-12 yards.

SOURCE 3: INCREASED CLUBHEAD SPEED FROM LAG (Accounts for ~30% of distance gain)

Your old casting pattern released the club early, creating maximum clubhead speed 2 feet BEFORE impact. By the time you reached the ball, you were already decelerating.

Your new lag pattern releases the club late, creating maximum clubhead speed right AT impact. Same effort, better timing, more speed where it counts.

Typical clubhead speed increase: 5-8 mph. Every 1 mph of clubhead speed = approximately 2.5 yards of carry. So 6 mph increase = 15 yards added distance.

THE MATH:

- Reduced sidespin: +12 yards
- Better launch: +10 yards
- More speed at impact: +15 yards
- TOTAL: +37 yards

This is why golfers consistently report 20-30 yard gains. The system addresses all three distance sources simultaneously.

WHAT IF I DON'T GAIN 20-30 YARDS?

If your distance gains are less than 20 yards after completing all 21 days, one of four things is happening:

1. Your old slice wasn't that severe. If you were only slicing 15-20 yards (not 40+), you won't gain as much from fixing sidespin. But you'll still gain from better launch and lag. Expect 12-18 yards.
2. You're not swinging at true 100% on Day 17. Some golfers hold back even when they think they're at 100%. If you're only reaching 90-95% on Day 17, you're leaving distance on the table. Solution: Do 30 more whoosh drills at maximum effort, then retest.
3. You didn't fully eliminate the slice. If you still have 10-15 yards of curve on Day 21, there's still some sidespin robbing distance.

Solution: Go back to Module 3 for 3 more days focusing on face control.

4. Your equipment is limiting you. If you're using a 10-year-old driver with regular flex shaft and you have above-average swing speed, your equipment might be the bottleneck. Modern drivers with properly fitted shafts can add 10-15 yards on top of the gains from this system.

For 90% of golfers, distance gains of 20-30 yards are automatic when they complete the full system. Trust it. Do the work. The distance will come.

Supporting Technical Reference Material

What Drawers Do vs What Slicers Do

The Complete Technical Breakdown

There's a blend of pre-swing and in-swing characteristics that create ball flight. Over 50% of unwanted ball flights emanate from inappropriate setup before the club starts its journey. The remaining issues come from dynamic movements during the swing.

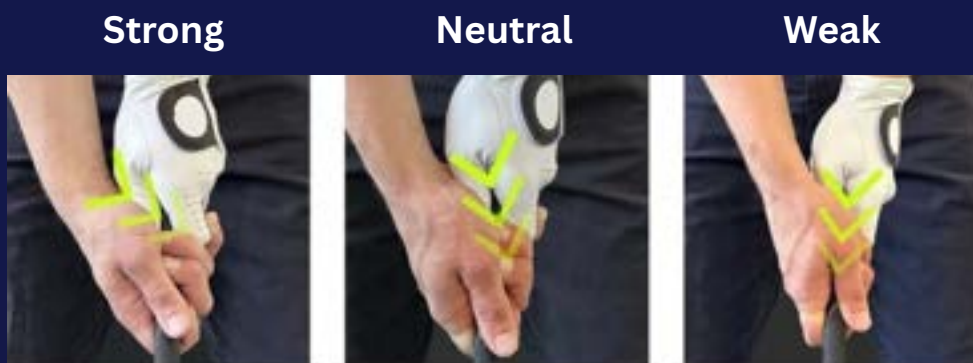
Understanding what drawers do differently from slicers gives you a clear roadmap for transformation. Here's the complete side-by-side comparison:

PRE-SWING FACTORS (SETUP)

These are static positions at address. Drawers and slicers set up fundamentally differently:

GRIP

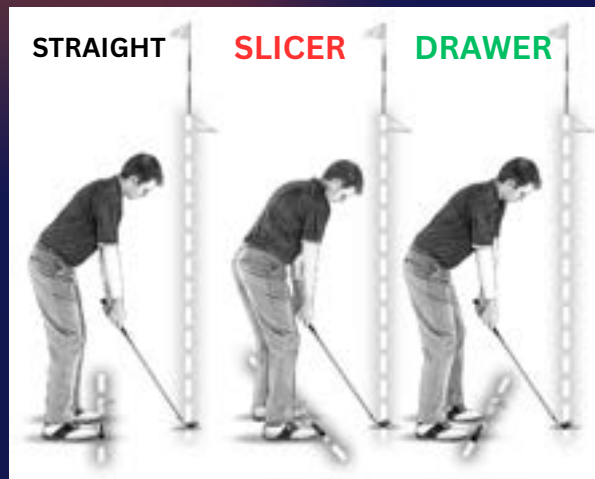
DRAWER: Neutral or Strong Grip - sees 2+ knuckles on left hand at address. Both 'V's point between right shoulder and right ear. Grip promotes natural clubface closure through impact.



SLICER: Weaker grip - sees 1 knuckle or less on left hand. Both 'V's point at chin or left of chin. Grip makes it nearly impossible to square face at impact without manipulation.

ALIGNMENTS (Feet, Hips, Shoulders, Arms)

DRAWER: Closed to square alignment - shoulders, hips, and feet aimed parallel to target or slightly right of target. Lead arm higher than trail arm. This setup encourages inside-out swing path naturally



SLICER: Open alignment - shoulders aimed 20-30 yards LEFT of target to compensate for curve. Feet may be square but shoulders are open. Trail arm higher than lead arm. This locks in the out-to-in path that causes the slice.

CLUBFACE ANGLE AT ADDRESS

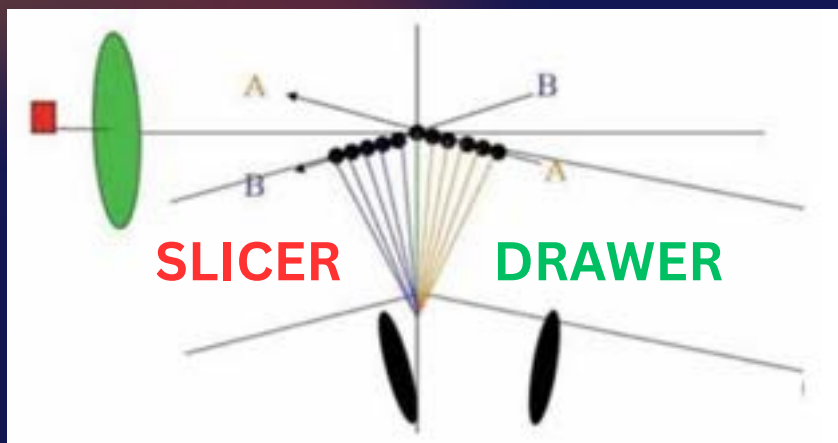
DRAWER: Square to slightly closed - toe of club turned slightly in at address. Pre-sets a closed face position that promotes draw.



SLICER: Open - toe of club pointing outward at address. Even before swing starts, face is already in slice position.

BALL POSITION

DRAWER: Optimal slightly back relative to club in use - for driver, ball positioned 2-3 balls inside left heel. Promotes contact at bottom or slightly ascending, encouraging draw spin.



SLICER: Too far forward - ball ahead of left heel, forcing reach at impact. Creates descending blow on driver, opens shoulders, promotes outside-in path.

HANDLE LOCATION AT ADDRESS

DRAWER: Hands slightly ahead or neutral - shaft has slight forward lean or is vertical. Pre-sets desirable wrist and impact conditions where face naturally closes relative to the swing path.



SLICER: Hands behind ball - shaft leans away from target. Pre-sets undesirable wrist and impact conditions where face naturally opens relative to swing path.

TOE FLARE (FOOT POSITION)

DRAWER: Lead foot flared open 20-30 degrees - allows full hip rotation through impact. More rotation = more time for face to square and close.



SLICER: Lead foot straight or closed - restricts hip rotation. Less rotation = less time for face to square, face stays open through impact.

DISTANCE FROM BALL

DRAWER: Slightly farther from ball - encourages flatter swing plane. Flatter plane = inside-out path = draw.



SLICER: Too close to ball - forces upright swing plane. Upright plane = outside-in path = slice.

GRIP PRESSURE

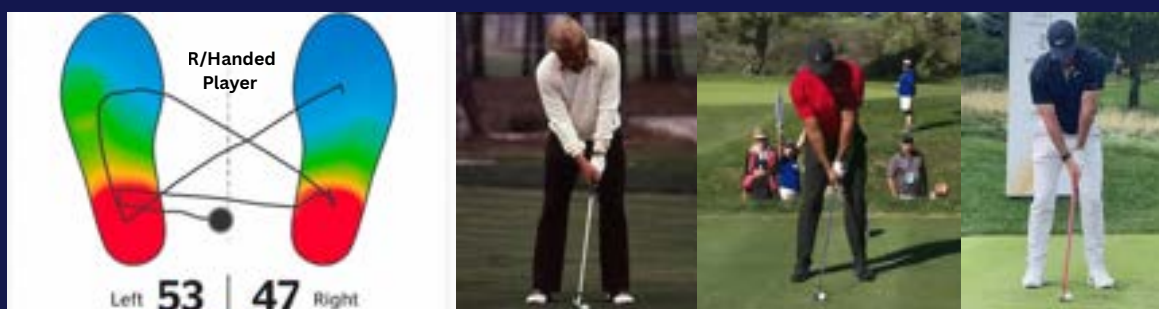
DRAWER: Light grip (3-4 out of 10) - allows wrists to hinge and release freely. Free release = face squares naturally = draw.



SLICER: Tight grip (7+ out of 10) - restricts wrist hinge and release. No release = face stays open = slice.

PRESSURE DISTRIBUTION

DRAWER: Balanced to slightly favoring lead foot - 50/50 or 55% on lead foot. Encourages weight shift into lead side through impact, promotes draw.



SLICER: Weight back on trail foot - 60%+ on trail foot at address. Hangs back through impact, can't shift properly, promotes open face and slice.

HIP POSITION

DRAWER: Hips slightly toward target - small bump forward. Creates axis tilt (spine tilted away from target), promotes ascending blow and draw. Centre of pelvis will be closer to lead foot, rather trail foot.

SLICER: Hips back away from target (closer to trail foot) - creates reverse tilt where spine leans toward target. Promotes descending blow, steep plane, slice.



POSTURE

DRAWER: Pelvis tilted with straight back, with a slight rounding of the shoulders, weight on balls of feet - athletic, rotational posture that promotes draw.



SLICER: Rounded back, pelvis flat, weight on heels or excessive on toes - restrictive posture that limits rotation and promotes slice.

STANCE WIDTH

DRAWER: Shoulder width - allows full rotation. More rotation = more time to square face = draw. Irons typically narrower than driver.



SLICER: Too wide - restricts rotation significantly. Less rotation = less time for face to square = slice.

SHOULDER TILT AT ADDRESS

DRAWER: Right shoulder lower than left (for right-handers) - proper axis tilt that promotes ascending blow and inside-out path.



SLICER: Shoulders level or left lower than right - reverse tilt that promotes descending blow and outside-in path.

Tee Height

DRAWER: Tend to tee the ball higher on the clubface at address.



SLICER: Tend to tee the ball lower on the clubface at address.

IN-SWING FACTORS (DYNAMIC MOVEMENTS)

These are the movements that happen during the swing. This is where drawers and slicers diverge most dramatically:

CLUBFACE ROTATION IN BACKSWING

DRAWER: Face rotates closed (toe rotates down) resulting in clubface pointing down. Imagine the clubface being a camera; this should point down as depicted during backswing and downswing. Seeing leading edge matching spine at club level to floor.



SLICER: Face rotates open (toe points up) resulting in clubface pointing up. Imagine the clubface being a camera; this will point up towards the sky during backswing and downswing.

BODY ROTATION - BACKSWING

DRAWER: Full shoulder turn - back/glutes turns fully away from target, chest completely away from target - full coil position. More turn = more depth = appropriate clubface = draw.



SLICER: Restricted shoulder turn - can't turn back fully, creates early downswing. Arms typically have lifted independently without body turn. Less turn = less depth = face can't catch up = slice.

TRANSITION - THE CRITICAL MOMENT

DRAWER: Downswing starts from GROUND UP - pressure into lead foot, hips bump and turn, hands drop naturally, club shallows automatically. Right elbow reconnects to side. Shoulders stay closed as long as possible.



SLICER: Downswing starts from TOP DOWN - shoulders fire first, right shoulder throws forward toward ball, hands cast outward, club steepens, right elbow stays away from body. This is the over-the-top move that causes 90% of slices.

BODY ROTATION RATE AT IMPACT

DRAWER: Body is less open at impact. Hips open and shoulders square to marginally closed at impact relative to target. Lead arm higher than trail arm. Keeps path inside-out. Draw.



SLICER: Body is more open at impact. Hips and shoulders too open at impact - spun out too fast. Trail arm higher than lead arm and at impact which pulls entire swing over the top. Path goes outside-in. Slice.

KNEE FLEX CHANGES

DRAWER: Lead knee flexes MORE during backswing (bends toward trail leg), trail leg straightens - facilitates full turn. Then reverses in downswing. Dynamic leg action promotes draw.



SLICER: Both knees stay locked in same flex throughout - restricts turn dramatically. No turn = no time for face to square = slice.

SWING PLANE

DRAWER: Flatter swing plane - club approaches ball from inside. Hands stay deeper (farther from body line). Inside approach = draw.



SLICER: Upright/steep swing plane - club approaches ball from outside. Hands stay shallow (closer to body line). Outside approach = slice.



HAND PATH (DEPTH IN DOWNSWING)

DRAWER: Hands drop straight down and move DEEPER (farther behind body) - creates inside approach, allows club to shallow. Draw.



SLICER: Hands move OUTWARD and stay shallow (closer to target line) - creates outside approach, club steepens. Slice.

WRIST CONDITIONS

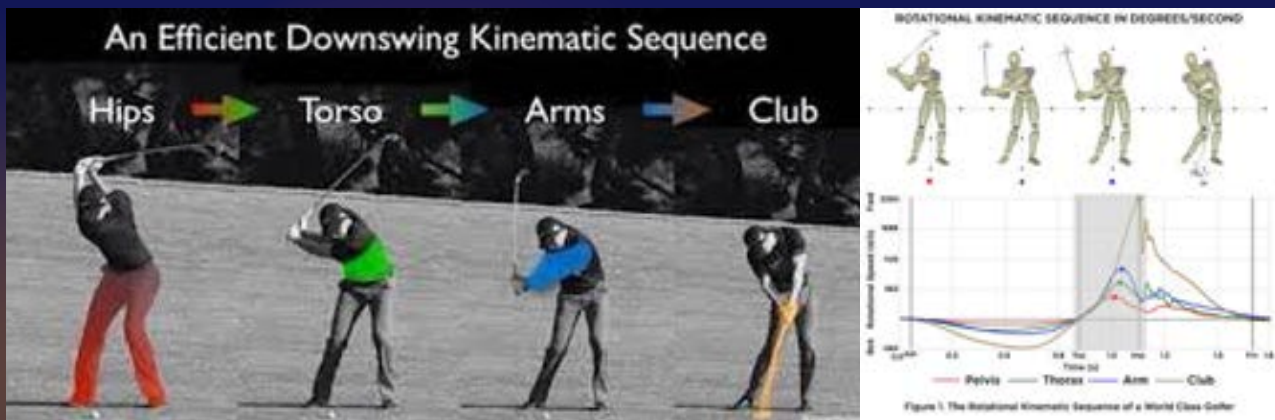
DRAWER: Lead wrist Flexed (Bowed) at top and through impact - ulnar deviation. Bowed wrist = closed face. Draw.



SLICER: Lead wrist Extended (Cupped) at top and through impact - radial deviation. Cupped wrist = open face. Slice.

KINEMATIC SEQUENCE

DRAWER: Ground → Hips → Torso → Arms → Club - proper sequence. Each body part accelerates then decelerates, transferring energy up the chain. Creates lag, power, and natural face closure.



SLICER: Shoulders → Arms → Club - reverse sequence. Upper body fires first, casting motion, no lag. Arms race body, face stays open.

ARM CONNECTION

DRAWER: Arms stay connected to rotating torso throughout backswing - right elbow stays 'soft', doesn't fly away from body. Connection = synchronization = draw.



SLICER: Arms disconnect (flying right elbow in backswing) - right elbow lifts away from body, arms work independently of body. creates 'chicken wing'. Disconnection = slice.

RELEASE THROUGH IMPACT

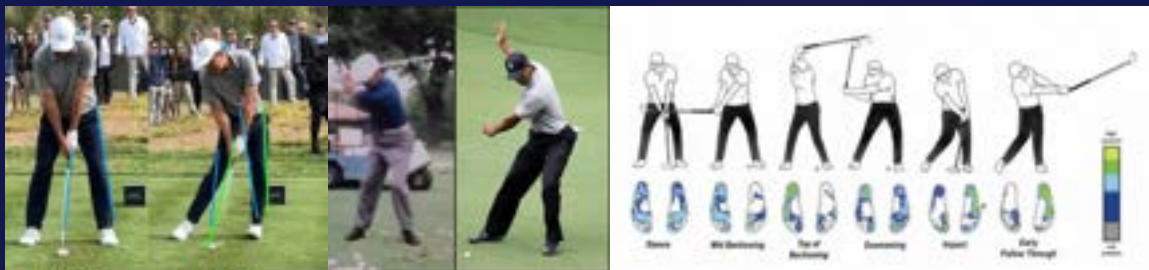
DRAWER: Clubface rotates CLOSED through impact - toe of club rotates over heel. Trail hand rotates over lead hand. Active release. Draw.



SLICER: Clubface stays OPEN through impact - toe never catches heel, hands 'hold off' rotation. Passive non-release. Slice.

WEIGHT SHIFT

DRAWER: Aggressive weight shift into lead side - 80-90% of weight on lead foot at impact. Forward shift allows full rotation and release. Draw.



SLICER: Weight stays back on trail side - 'hanging back', 50-60% still on trail foot at impact. Can't rotate fully, can't release. Slice.

HEAD MOVEMENT

DRAWER: Head stays behind ball or moves slightly away from target in downswing - maintains axis tilt, promotes ascending blow. Draw.



SLICER: Head moves toward target (slides forward) - loses axis tilt, promotes descending blow and steep plane. Slice.

THE TRANSFORMATION ROADMAP

The drills in Modules 2 and 3 systematically transform your pre-swing setup and in-swing movements from the 'slicer' column to the 'drawer' column.

YOU DON'T NEED TO THINK ABOUT ALL OF THESE. The drills force your body into the correct positions automatically. But understanding what you're changing—and why—helps you stay committed when the process feels awkward.

The commonalities of the greatest players:

PRE-SWING:

- Tee the ball higher on the clubface at set up
- Handle location up and forward (lead arm and shaft inline)
- Grip neutral to strong (2-3 knuckles visible)
- Clubface alignment (leading edge closed relative to body)
- Alignments (feet, knees, hips and shoulders aligned closed)
- Lead arm higher than trail arm
- Ball position (2-3 balls inside left heel for driver, 4-5 for an iron)
- Pressure just favoring lead foot (55/45%)
- Tilts appropriate to club in use (pelvis forward and sternum back. More with driver, less with irons)

IN-SWING:

- Rotate hips and shoulders until knee flex changes
- Hand path (deep and inside, not shallow and outside)
- Wrist position (bowed, not cupped)
- Release (active face rotation, not hold-off)
- Clubface feeling “closed” (pointing down) throughout swing
- Trace the arc (in-to-out swing path)
- Body rotation occurs after impact, not before. Alignment more closed off at impact.