

PLAN E – Distance Consistency (Irons & Hybrids)

Primary goal: Repeatable carry distance

1) Technical Rehearsal (10 min)

- 9-iron
 - Focus cues:
 - Same tempo every swing
 - Chest facing target at finish
 - Drill:
 - $\frac{3}{4}$ **swing drill** (controlled backswing)
 - Finish height stays the same
-

2) Repetition (30 min)

- One club only
 - Pick a realistic distance (e.g., 115–130 yards depending on player)
 - Hit 20–30 balls
 - Goal:
 - Similar height
 - Similar landing area
 - Do **not** swing harder for extra distance
-

3) Completion (20 min)

- Random clubs (PW → 8i → hybrid)
- Call the distance first
- One ball only
- Track:
 - Short / Long / Good