

## PLAN F – Solid Contact & Low-Point Control (Irons)

**Primary goal:** Ball-first contact, predictable strike

### 1) Technical Rehearsal (10 min)

- 8-iron or 7-iron
  - Slow swings (50–60%)
  - Focus cues:
    - Ball slightly forward of center
    - Finish balanced on lead foot
  - Drills:
    - **Line drill** (draw a line or use a range mark—ball in front of it)
    - **Hold finish** for 3 seconds
  - First 2–3 minutes without a ball
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### 2) Repetition (30 min)

- Same club, same target
  - Hit sets of **5 balls**
  - Goal:
    - Solid sound
    - Ball starts near target line
  - After each set:
    - Ask: *Ball first? Balanced?*
  - No swing changes unless contact is consistently poor
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### 3) Completion (20 min)

- Rotate between 9-iron, 7-iron, hybrid
- New target each shot
- One ball per shot
- Full pre-shot routine every time