

## PLAN A – Weight Transfer & Balanced Finish

**Primary goal:** Move pressure to the lead side and finish balanced

**Secondary goals:** Solid contact, improved height, better distance control

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### 1) Technical Rehearsal (10 min) - Clubs: 8-iron or 7-iron

**Key Feel (keep it simple):**

👉 “Finish on the front foot.”

**Drills:**

- **Step-Through Drill**
  - Start with feet together
  - Step toward the target during the downswing
  - Finish with weight fully on lead foot
- **Feet-Together Swings**
  - Half swings only
  - Forces natural balance and pressure shift

**Guidelines:**

- 50–60% speed
  - Hold finish for 3 seconds
  - No concern about distance
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### 2) Repetition (30 min)

**Club:** Same iron throughout

**Structure:**

- Hit balls in **sets of 5**
- After each shot:
  - Check finish position
  - Lead foot loaded, trail foot light or up on toe
  - Utilize turn-turn-tap-tap drill

**Success Goals:**

- Ball first contact
- Higher, more solid flight
- Balanced finish every swing

**Simple feedback question after each set:** ✓ *Did I finish on my front side?*

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### 3) Completion (20 min)

**Clubs:** Rotate wedge → mid-iron → hybrid

**Format:**

- One ball per shot
- New target each swing
- Full pre-shot routine

**Weight-Transfer Checkpoint:**

- Finish facing target
  - Chest over lead leg
  - Trail heel off the ground
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**Player Notes**

- Do **not** force a slide — think *pressure shift*, not sway
- If contact gets thin → slow tempo, exaggerate finish