

## PLAN D – Driver: High & Straight

**Primary goal:** Launch the ball high with control

### 1) Technical Rehearsal (10 min)

- Driver (tee high)
  - Focus cues:
    - Ball inside lead heel
    - Smooth tempo
  - Drills:
    - **Feet-together swings** (balance)
    - **Slow takeaway, full finish**
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### 2) Repetition (30 min)

- Driver only
  - Same fairway target
  - Hit balls in sets of 5
  - Goal:
    - High launch
    - Ball finishes within fairway width
  - Tempo > speed
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### 3) Completion (20 min)

- Simulated tee shots
- Alternate driver and 3-wood or hybrid
- Change target direction each swing
- Full routine every time
- Rotate imaginary fairway among trouble on the left, trouble on the right, and trouble on both sides.s