

Junior Swing Development – Drills & Training Plan

Drill 1: Butt-on-the-Wall (Frames 1 & 4)

Improves hip depth and prevents early extension. Stand with glutes lightly touching a wall and rehearse takeaway and transition while keeping hips back.

Drill 2: Chair Behind Hips (Frames 1–5)

Place a chair behind the hips and rehearse both backswing and downswing without letting the hips crash into the chair. Trains rotation instead of thrusting toward the ball.

Drill 3: Connected Takeaway (Frame 2)

Place a towel under both arms. Move chest, hands, and club together for the first 2–3 feet. This matches Tiger's connected takeaway structure.

Drill 4: Lead Side Rotation (Frames 4–6)

Rehearse the belt buckle turning toward the target while keeping the chest in tilt. Helps maintain posture and improves rotation through impact.

Drill 5: Pose the Finish (Frame 6)

Copy Tiger's balanced, fully rotated finish and hold the pose for 3 seconds. Trains sequence, balance, and body awareness.