Downward Strike Drill

Setup

Use a mid or short iron. Place a towel or headcover about one grip length behind the ball. Set up to swing normally, but the towel is there to catch mistakes.

Swing Cue

Your goal is to avoid hitting the towel. Strike the ball first, then take a small divot. This teaches a proper downward strike and eliminates scooping or flipping at the ball.

What to Notice

The club’s loft is what lifts the ball—your job is to trust it. Done right, the ball will fly higher, carry farther, and feel effortless. Start slow and feel the compression build naturally.

Next: Go to 'Low Punch Shot Drill' -> Trajectory Control