Extended Shaft Rotation Drill

Setup

Grab an alignment stick and hold it flush against your club shaft. It should extend past your lead hip. You're now swinging with an extended club—this is your feedback tool.

Swing Cue

Take slow swings and focus on keeping the stick from hitting your side. If it smacks your ribs, you're swinging with your arms. Stay connected and rotate your entire body together.

What to Notice

This drill builds body rotation and connection. Once you can avoid hitting your side, try hitting balls. You'll start to feel what real compression and rotation should feel like.

Next: Go to 'Glove Under Armpit Drill' → Body Sync & Connection