Fix Your Hook Drill

Setup

Set up normally, then place an alignment stick just outside your target line, a few feet down range. This becomes your visual “start line.”

Swing Cue

Try to start your shots just right of the stick and curve them back softly. Focus on a quiet release—no aggressive hand flip. Let your body rotate through and feel like the face stays square to your chest longer.

What to Notice

If the ball starts just right of the stick and gently curves back, you’ve neutralized the hook. This drill helps stabilize face control and corrects an overly inside path or flipping hands.

Next: Go to 'Feet Together Balance Drill' -> Tempo & Rotation Control