Low Punch Shot Drill

Setup

Use a mid or long iron (5–7 iron). Choke down slightly, play the ball just back of center, shift weight a little forward, and keep your hands ahead of the ball at address.

Swing Cue

Take a short, controlled swing. Keep your follow-through abbreviated. You're not trying to launch it—just punch it low and forward under control.

What to Notice

This shot is for escaping trouble smartly—under trees, through wind, or out of rough. Practice it before you need it. It’s one of the most valuable shots a beginner can learn.

Next: Go to 'Step Through Drill' -> Rotation & Release Flow