Mid-Iron Ball Position Drill

Setup

For your 6 and 7 irons, position the ball about one inch forward of center—just ahead of your shirt buttons. This encourages a slightly descending strike for crisp contact.

Swing Cue

Use two alignment sticks—one for your stance, the other pointing down the target line. This reinforces consistent ball position and body alignment on every swing.

What to Notice

Mid-irons are foundational. A small change in ball position can drastically improve strike quality. Stick with this setup to groove reliable, repeatable contact.

Next: Go to 'Downward Strike Drill' -> Compression & Contact