3/4 Swing 7-Iron Drill

Setup

Grab your 7-iron and set up like normal. You'll be making three-quarter swings—back to shoulder height—focusing on rhythm and balance.

Swing Cue

Keep the swing compact. Shoulder high on the backswing, smooth and controlled through the finish. This builds precision and consistency under pressure.

What to Notice

Look for clean, compressed contact—ball first, then turf. This drill reinforces tempo, strike quality, and teaches the descending blow needed for crisp iron shots.

Next: Go to 'Mid-Iron Ball Position Drill' -> Contact & Control