

SWING CONE PT2

SKILL



ROUTINE

Before moving on to Swing Cone Pt 2, it's important to ensure you've completed Pt 1 and are confident in achieving a consistent starting line and shot shape. The goal of Part 2 is to further solidify this consistency while refining your desired shot outcome.

The Drill

As previously mentioned, the "Swing Cone" refers to the range of the golf ball's flight path. The right edge of the cone represents the starting line, and the centerline indicates the target. Ideally, we want the ball to always finish within this cone—starting on the right (for a draw) and curving left, but never curving past the centerline or target. This helps you establish a reliable shot shape and a manageable miss pattern, allowing you to better control your ball flight on the course. To begin, take your 7-iron. For the purpose of this drill, we'll assume you're working on a draw. Hit 5 or 6 shots toward your target. For each shot, evaluate how many of them started right and curved left, finishing within the boundaries of your swing cone (without over-curving past the target line).

- If 4 or 5 out of 6 shots land within this range, you have solid control of your ball flight. You can then progress by switching to a 6-iron or 8-iron and repeating the drill.
- If only 2 or 3 shots are landing within the swing cone, stick with the 7-iron and focus on improving. Adjust your clubface and swing path based on the misses you're seeing to achieve the desired ball flight.

The aim is to gain mastery of your shot shape with one club before advancing. With practice, you'll be able to build a consistent shape and control, setting yourself up for success on the course.