

BetterGolf Lesson Report

Student: John

Lesson: Follow-Up Private Lesson (Post Lesson #2)

Instructor: BetterGolf

Current Goal

Continue developing a reliable inside-out swing path while improving driver consistency, balance, and tempo. Reinforce proper sequencing and eliminate the tendency to force speed or manipulate the club through impact.

What We Worked On Today

Primary Focus: Driver Development

This session focused heavily on the driver for the first time after making significant progress with John's iron swing.

The goal was not to hit the ball farther, but to improve:

- Balance
- Center-face contact
- Tempo
- Swing direction
- Overall control

John has made excellent progress with his inside-out path, and the movement is beginning to look much more natural and automatic.

Swing Improvements

Inside-Out Path Becoming Natural

One of the biggest positives from today's lesson was seeing how quickly John self-corrected.

Early in the session he hit a few shots left, but immediately recognized it and returned to swinging "out to right field" without needing much coaching.

Key observations:

- Club path continues moving in a positive direction
- Inside-out delivery is becoming more instinctive
- Swing changes are starting to move from conscious thought toward muscle memory
- Ball flight is becoming more predictable

This is an important milestone in the learning process.

Tempo and Relaxation

John has been working on allowing the club to:

- Swing more freely
- Fall naturally in transition
- Generate speed from sequencing rather than effort

The overall motion looked significantly looser and less forced.

One area discussed was making sure this relaxed feeling occurs primarily during the downswing and transition rather than creating excessive looseness during the takeaway.

The goal is:

- Structured backswing
 - Relaxed transition
 - Smooth acceleration through impact
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Driver Setup Adjustments

To improve driver contact and balance, we discussed:

Wider Stance

A slightly wider stance provides:

- Better stability
- Improved balance throughout the swing
- More confidence when swinging the longer club

More Upright Posture

Standing slightly taller at address helps:

- Improve balance
 - Reduce excessive reaching
 - Allow the club to move more naturally through impact
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Driver Practice Drill

The primary drill assigned for practice:

Slow Motion Fairway Finders

Hit drivers at extremely reduced speed.

Focus on:

- Center-face contact
- Balance
- Swinging out to the right
- Smooth tempo
- Finishing under control

Distance is irrelevant during this drill.

The objective is to train a repeatable motion that can gradually be sped up over time.

Key Concepts Discussed

Don't Swing Out of Your Shoes

With the driver especially, the tendency is to try to create extra speed.

Instead:

- Let the club do the work
- Stay balanced
- Make a controlled swing
- Trust the mechanics

Consistent center contact will ultimately produce more distance than swinging harder.

Build Speed Gradually

Rather than jumping straight to full speed:

1. Start with slow, controlled swings
2. Establish center-face contact
3. Maintain balance
4. Gradually increase speed

This approach creates much more sustainable progress.

Equipment and Ball Striking Notes

During driver testing:

- Strike location showed a tendency toward heel contact
- Contact improved as tempo slowed down
- Attack angle looked acceptable
- Better balance produced noticeably better results

The priority remains improving strike quality before chasing additional speed.

Practice Priorities

Driver

1. Use a wider, more balanced stance
2. Stand slightly taller at address
3. Swing at reduced speed
4. Focus on center-face contact
5. Continue swinging out toward right field
6. Finish balanced

Full Swing

1. Maintain relaxed transition
 2. Let the club fall naturally
 3. Avoid forcing speed
 4. Trust the inside-out path
 5. Continue prioritizing control over power
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Coach Notes

This was a very encouraging session. John's inside-out path is no longer something he has to constantly think about—it is beginning to become his default motion. That is a major step forward.

The next phase is improving driver consistency through balance, tempo, and strike quality. When John slowed down and focused on control, his contact immediately improved and the club path remained solid.

The message moving forward is simple:

Slow, balanced swings first. Distance later.

As center-face contact becomes more consistent, speed can be added naturally without sacrificing control. Overall, John continues to make steady progress and is building a much more reliable golf swing.