

Coach Video Shoot List

Three demonstration videos the lesson notes call for. Scripts are written to be read once and shot cold.

Shoot all three in one session. Same shirt, same background, phone on a tripod at chest height. Face on for alignment work, down the line for swing plane. Post to CoachNow and reuse the same link for every student who needs that drill. Build the library once, prescribe it for years.

Shadow Drill

Grip and backswing plane, no ball required | target length About 90 seconds

Beat	What you say and show
Open	Stand with the sun behind your left shoulder so your shadow falls to your right. That shadow is the only camera you need.
Teach	Take your grip. Look at the shadow and check the club runs across the base knuckles, not through the palm.
Demonstrate	Swing to the top in slow motion. Freeze. Show the club pointing at the target, then show it crossing the line so the student sees both.
Assign	Ten slow backswings, checking the shadow at the top on every one. Daily, no ball, before any range session.
Close	Name the outcome: the club stops crossing, the ball stops leaking right, and the swing stops feeling like work.

Hips Open Versus Square

Alignment reference for the range bag | target length About 60 seconds

Beat	What you say and show
Open	Set an alignment stick across the front of both hip bones, camera face on.
Demonstrate	Show open, pointing left of target. Then square, pointing at the target. Hold both long enough to photograph.
Teach	Explain what open hips do to the shoulders and the path, so the student understands why the fix is at address and not in the swing.
Assign	Check before every third swing in practice. Alignment drifts fastest when the golfer is hitting it well.
Close	Outcome: the ball starts where you aimed it, and the shape becomes repeatable.

Bump and Rotate

Weight transfer and rotation through impact | target length About 90 seconds

Beat	What you say and show
Open	Start with the athletic reference, not the golf one. A kettlebell swing, a hockey stride, a throw.
Demonstrate	Slow motion: small bump into the lead foot, then rotate the chest through to the target. Three reps, no ball.
Teach	Show the failure pattern too: hanging back and moving the ball further back in the stance, which is the road to worse contact.
Assign	Ten slow rehearsals before hitting balls, then five shots keeping the same sequence.
Close	Outcome: the low point moves forward, the strike quality changes immediately, and the ball flight steadies.

Production notes

Structure every video the same way. Problem, root cause, the fix, the outcome. Students recognize the pattern after two videos and start listening for the outcome before you get there.

Name the drill out loud in the first five seconds. It makes the clip searchable in CoachNow and it gives the student the language to describe what they practiced.