

RHYTHM/TIMING TEE ROUTINE

1. Out Front tee x 6 (6” out front of normal contact middle)
2. Deep Tee x 6 (6” deeper than normal contact middle)
3. Rocker x 6- tee middle/middle
4. Walk Through x 6- Tee middle/middle
5. Head/Head LD x 6- Tee Middle/Middle