Feet Together Balance Drill

Setup

Start with your feet just a few inches apart. Stand tall and relaxed, ready to make a full swing with balance and tempo in mind.

Swing Cue

Make a smooth, full swing while keeping your posture and center stable. You'll immediately feel it if you sway or over swing—it throws off your balance.

What to Notice

This drill builds control and efficiency. It teaches you to swing with your whole body connected and to strike the ball cleanly. Finish each rep with a complete, regular swing.

Next: Go to 'Step Through Drill' -> Balance & Flow