Five Ball Tempo Drill

Setup

Place five balls in a line and get ready to hit them one after the other. No deep breathing, no stepping away—just step in and swing.

Swing Cue

Hit all five balls in rapid succession. You’re not rushing—you’re flowing. Let your body settle into a rhythm without overthinking mechanics.

What to Notice

This drill trains tempo and rhythm. It teaches you to swing naturally and confidently, just like you want to on the course. Flow, not force.

Next: Go to 'Feet Together Balance Drill' -> Timing & Stability