Glove Under Armpit Drill

Setup

Start by tucking a golf glove under your trail armpit. Make smooth, controlled swings while keeping the glove in place as you rotate through the swing.

Swing Cue

If the glove falls out, your trail arm is disconnecting. Now switch to your lead armpit. Keep the glove tucked during the backswing and through impact for full-body connection.

What to Notice

This drill improves coordination between your arms and torso. When the glove stays in place, your structure holds and your swing stays efficient and repeatable.

Next: Go to 'Rehearse Impact Drill' -> Body Control & Compression