Pause at the Top Drill

Setup

Set up for a normal swing, but plan to pause at the top of your backswing. Get ready to focus on tempo, not speed or power.

Swing Cue

Take a full backswing and pause for one to two seconds. Feel your position, your balance, and your club. Then initiate the downswing with control and confidence.

What to Notice

This drill eliminates rushed transitions. It teaches you to swing from a place of balance and rhythm. Don’t worry about distance—focus on repeating clean, calm strikes.

Next: Go to 'Five Ball Tempo Drill' -> Rhythm & Flow