Pump Drill

Setup

Take your normal setup and prepare to make a full swing. This drill teaches how to start the downswing with your lower body while keeping the upper body in sync.

Swing Cue

Take a full backswing. Then, in one continuous motion, begin a pump rehearsal. Feel the club shallow and start down on plane. No pause—just flow through and complete the swing.

What to Notice

This drill grooves transition and sequence. Most amateurs rush the arms—this helps correct that. Rehearse once, then swing through with rhythm and structure.

Next: Go to 'Pause at the Top Drill' -> Transition & Sequence