Push Ball Back Drill

Setup

Place a second ball directly behind your target ball, along your intended takeaway path. Set up normally to the front ball.

Swing Cue

Start your swing by pushing the back ball straight back with your clubhead. Keep the takeaway low and connected—no lifting, flipping, or snatching the club inside.

What to Notice

This drill grooves a one-piece takeaway, improves tempo, and trains quiet hands. Mastering this movement sharpens your entire swing from the first inch.

Next: Go to 'Rehearse Impact Drill' → Takeaway & Compression