Step Through Drill

Setup

Start in your regular stance. Then step your lead foot slightly back to narrow your base. Get ready to flow into the shot with movement and momentum.

Swing Cue

As you swing back, step your lead foot forward and swing through the shot. Let your weight shift naturally and use the momentum to carry your swing through impact.

What to Notice

This drill helps you feel real sequencing—loading, shifting, releasing. It’s simple and athletic. Just move, load, and go without overthinking mechanics.

Next: Go to 'Feet Together Balance Drill' -> Flow & Athleticism