3/4 Speed Driver Swing Drill

Setup

Use your driver and prepare to swing at 60% speed. This is a full swing motion—just controlled and relaxed in tempo.

Swing Cue

Make five smooth, full swings at three-quarter speed. Feel balance, rhythm, and center-face contact. Let your body sequence naturally—no rush, no force.

What to Notice

This drill trains tempo, body coordination, and consistency. Once it feels pure, you can ramp up speed—but only if the rhythm stays the same. Fast swings, never frantic.

Next: Go to 'Upward Strike Driver Launch Drill' -> Driver Flow & Launch