

## Half-Speed Swings

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During your next trip to the driving range, consider using this drill to check on the quality of your balance in the swing. This drill has a similar effect to the first drill on our list, except this time you are going to be able to actually hit some shots. Again you are going to want to swing your driver for this drill, and you should always pick out a target for each swing. As the title of the drill indicates, you are going to swing the club with roughly 50% effort, and the ball will fly significantly shorter than your normal drives as a result.

The nice thing about this drill is the fact that you don't need to make any other changes to your technique. You are going to use your regular swing all the way through, only you are going to be moving at half speed. By slowing things down, any awkward spots in your technique will be highlighted. After just a few shots in this drill, you should be able to confidently determine if there are any glaring problems within your technique that need to be improved. For instance, if you are struggling to hold your balance at the top of the swing, you will need to check on your backswing mechanics to see where things are going wrong.

