

Swinging a Towel

In this drill, you aren't even going to use a golf club – or any of your golf equipment, for that matter. To perform this drill around the house, you will just need a relatively thin bath towel and some room to work with. Once you have found a towel to use for the drill, lay it out on the ground and roll it up along the long side. When the towel is rolled up, tie a knot into one end of the roll (this is why it is best to have a thin towel – they make it easier to tie a knot).

At this point, you should be left with a rolled up towel with a knot on one end. The end with the knot is going to serve as the 'club head', so you will want to take your normal grip around the end of the towel that is still rolled up. With your grip taken and the knotted end hanging down toward the ground, take your stance as you would before any regular shot on the course. From here, you are simply going to attempt to make a golf swing from start to finish.

Obviously, the towel is going to feel like the softest club shaft in the world, which is exactly the point of the drill. To make any kind of functional swing, you will have to move through the swing with a slow and steady tempo. Allow the knotted end of the towel to swing along gradually while the rotation of your body controls your movements. It will be difficult to make a decent swing at first, but you should get better and better at this drill with some practice. When finished, go back to swinging a regular club (if you are somewhere you can swing safely) and try to feel the same kind of smooth tempo that you found when swinging the towel.

