

## The Start and Stop Drill

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It is important to have great balance throughout your golf swing, and this drill is going to address that issue directly. If you can make it all the way through the start and stop drill without feeling off balance at any point, you can be confident that you are controlling the movement of your weight properly.

To get started with this drill, take your driver from the bag and find a safe place to make some swings. You can certainly do this drill at the driving range (even though you won't be hitting any balls), or you can do it at home if you have room outside to swing the club safely. You aren't going to be hitting shots within this drill, but you should pick out an imaginary target for each swing so you can practice lining up correctly over the ball. Once you are in your stance and ready to swing, follow the steps below to work through the drill.

1. Start your swing as you would normally and go through the takeaway with an even, smooth tempo. When you reach the point where the shaft of the club is parallel with the ground, stop your swing and hold yourself in place.
2. After you have held the previous position for a couple of seconds, start your swing up again and proceed to a point where the club is pointing up to the sky. Stop again, pause for a couple seconds, and move on to the next step.
3. In this step, you are going to complete the backswing and pause when you get to the top. Hold the top of the backswing position for a couple more seconds, then swing down to the impact position. Pause yourself again at impact – you won't be able to swing down at full speed if you are going to pause at the bottom, so make a controlled move down – and wait there for two more seconds before finishing the drill.
4. As the last step, swing from impact up to the finish position, and hold yourself there while you watch the imaginary ball fly through the sky.

So what is the point of all this starting and stopping? Simple – you are going to be checking your balance at each stop along the way. By breaking up the swing into a collection of small pieces, you should be able to easily evaluate the quality of your balance throughout the action. If you are having trouble with your balance, this drill will point out exactly where within the swing things are going wrong.