

# Articles and Tips - Take Your Time



It takes between one and two seconds to perform a typical golf swing. Have you ever thought about training the muscle groups and experiencing the proper motion – and balance – used during the swing by drastically slowing down the swing? You probably haven't thought of it. Well, it's time start.

The purpose of my "Three-Minute Swing" is to develop a complete awareness of motion. The mental challenge of the time things occur and the incredible engagement of muscle groups are amazing. This drill will create a feel for exactness of body rotation, and upper torso versus hip turn. The super-slow motion of the arm swing and club position throughout the backswing and downswing will help develop a feel of length of swing with an impact position that the clubface squares through the bottom and continues to a balanced finish.

It may seem simple, but trust me: it is a huge challenge for most of my students. Give it a try.

You're going to set up normally – without a golf ball. Get a clock with a second hand and place it on the ground just an inch or two outside of where the ball would be at address. When the second hand goes hits 12, start your backswing and time it so that the club, arms, and body complete the backswing when the second hand runs back over the 12 – that's 60 seconds, OK? – then start your the downswing, which should come to the impact position when the second hand runs touches the 12 the second time. Two minutes is longer than you might think. Finally, follow through to a balance finish, holding it until the second hand hits 12 for the third time.



One lesson to take away is the importance of the sequence of backswing, starting with the hands, arms and body, so that everything completes at the same time at the top. The transition feel of the hips initiating the forward movement of the downswing is hugely valuable as well. Much can be learned from super-slow swings. After a week or two of three-minute swings, try a six-minute swing. After a month or so, try a 15-minute swing.

Believe me, this will be as mentally challenging as physically.



It is amazing, how, the more unstable the surface, the more stability you will get.