



LENGTH & TEMPO (INTRO)

Skill Development

Start with length of swing. Using a 7 iron try 3 different length of swings. The first swing should be $\frac{1}{2}$, second should be $\frac{3}{4}$ and the last a full swing. Note what happens the strike, distance, and direction. After working through a few attempts take a video of each length and see how what you feel compares to the actual length of the swing.

After 15 minutes on length, choose what you feel is the most effective length and stick to that length for part 2. In part 2 we want to test various tempo's to experiment and discover what feeling is the most effective. To do this you will start with your chosen length, and hit 3 balls at what you feel is 50% speed. Once you have hit 3 balls at 50% speed, increase the speed to 60% for the next 3, then 70%..... etc. Again take note of the effect each level has on the distance, direction and strike of the ball. Once you reach 100% then return to the beginning and start again.

No Score - Experimental