



# **RHYTHM & TEMPO**

## **GOLF SWING TRAINING GUIDE**

# What Is Good Tempo?



Tempo can be defined as the rate, speed or pace of a motion. However, when it relates to the golf swing, it becomes a little more complicated. We want to achieve maximum clubhead speed at the correct point - at and after impact.



These images demonstrate how Glen loads pressure into his trail leg in the backswing, then transfers that pressure forwards. This all needs to be performed in the ideal sequence, to achieve excellent golf swing tempo.



When that ideal sequencing is utilised, as the club accelerates through the impact area, excellent tempo can be achieved. This is often characterised in the golf swing by a full and balanced finish, with the player finishing facing forwards.

# Issues Affecting Swing Tempo



However, many golfers seem to be in a tremendous hurry to return the clubhead to the ball, in a 'hitting' fashion. Quite often, these players rush the downswing, pulling down on the club with the arms, with excess effort, messing up the tempo.



Another common issue, is when the backswing is not completed. If the player doesn't turn the torso sufficiently for the back to face the target, the transition into the downswing can be forced and out of sync.



Messy footwork is another cause of poor golf swing tempo. Here, Glen is demonstrating the classic 'reverse weight shift'. Invariably, the arms and shoulders will overwork, affecting rhythm, swing planes and ball striking.

# #1 - Step Drill



Let's start with a favourite of many elite golfers, The Step Drill. This drill is effective in training the player to load the trail side in a complete backswing and then instills proper sequencing, from the ground up, in the downswing.



Take your setup, with the golf ball a little more forward in the stance. As you take the club back, lift your lead foot completely off the ground. It shouldn't lift far off the ground but this achieves 100% shift of pressure to the trail foot.



Initiate the downswing by replanting your lead foot back onto the ground. This is key for ideal sequencing. If you bring the club down first, you are defeating the purpose of the drill. It has be performed thus: Step, Strike, Finish!

## #2 - Practice Ball Drill



Practice golf balls are under-utilised in golf swing development. Inexpensive plastic or foam balls are a great interim tool, for use when progressing from a practice swing, to hitting a real ball. As they are so light, there's no hard 'impact'.



The Practice Ball Drill is perfect for those players who can swing the golf club with wonderful tempo in practice but swing differently when hitting a golf ball. This is known as being 'ball bound' and is very common. Hitting a very light, soft ball is great for encouraging players to swing the club, rather than 'hit' the ball.

# #3 Alternate Club Drill



The Alternate Club Drill was a favourite of Sir Nick Faldo's in his prime. His goal was always to swing with the same tempo, with every club in his bag, from the wedge, right through to the driver.



Have 2 clubs ready, a long club and a short club. Here, Glen is using his 50° Gap Wedge first. He hits just 1 shot, with a full swing. Most golfers might find it pretty easy to hit a wedge with smooth tempo.



Glen's next shot is with his Driver. Many golfers swing differently with this club, trying too hard for power and rush the downswing. Swing with the same rhythm & tempo, regardless of which club you're using. Continue alternating the 2 clubs.

# THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you  
**make the most of your golf game.**

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or just want to say 'G'day'

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