

Put Rhythm in your SWING



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I did not have much success playing national junior tournaments until I began working on the rhythm of my golf swing. For years I worked on my swing and short game, however, I did not have the consistency, feel, and distance with my game that I needed to win on the national level. After working on my rhythm for six months I won the U.S. Junior Championship. I believe that having a much improved rhythm made a tremendous difference in my game and allowed me to win a national championship.

A good rhythm can do a number of things to improve a golf game. A smooth flowing swing has a much better chance of being better technically than a jerky motion because there is a chain reaction of positions that are achieved easier with a fluid motion. Good tempo also helps to hit the ball farther with less effort, strike the ball more consistently, and improve feel in all areas of the game.

Remember all of your shots, including putts, should have the same rhythm; the rhythm that matches your internal clock.

The following are some of the drills I used to improve my own rhythm and I am sure they can help your game too!

A good smooth takeaway initiated with your wrists and arms allows for the proper sequence of events to take place in the swing.



Initiate the backswing with wrists and arms.

A good rhythm begins with a proper smooth takeaway. The wrists should begin hinging and the arms swinging as the club moves away from the ball. Two common mistakes are initiating the backswing with the hips or the shoulders, which can cause the wrong sequence of events throughout the swing. If the hips or the shoulders begin too quickly then another part of the body and/or the club struggles to catch up throughout the swing.