

Professional Golf Tips: Swing Freely

by Tina_Mickelson

Tee up anywhere between four to eight balls in a row, about 6 inches apart (see photo). Stand about 2 feet away from the first ball and take some practice swings without stopping between swings. The club is swinging freely back and through. Once you have established this consistent rhythm, take a step forward (without breaking the rhythm) and hit the first ball. Without stopping, move up to the next ball and hit it, and so on down the line. Your body will learn what it is like to swing freely, without becoming paralyzed with too many swing thoughts. Remember that feeling when you get out onto the golf course.

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