**SwingSetter Drills**

For a series of specifically designed SwingSetter drills, including A-Swing drills, a full training program and online coaching support go to www.SwingSetter.com.

Here's a great drill to get you started with your new SwingSetter.

**Left-Right-Left Drill**

1. Grip the SwingSetter, paying particular attention to placing the grip across your fingers not the palm.
2. Adopt good posture and alignment with the green side of the magnet balls square to the target.
3. Start the SwingSetter forward a couple of feet in front of where the golf ball would be.
4. Using the muscles in your core to initiate the movement, swing the club back halfway hearing the magnetic ‘Set’ ball snap. This is where your left arm is parallel to the ground and tight across your chest.
5. Hold your position and check the plane. You should see the green side of the balls facing the target, with the club outside the line of your hands. This is the perfect A-Swing position. It should feel compact and is shorter than you would imagine.
6. Allow the balls to reset and repeat.
7. Once you can consistently set the SwingSetter in the correct position, complete your backswing, then swing through to a finish, hearing the magnetic ‘Release’ ball snap just past impact.

**Results:** Develops powerful loading action of the club through correct wrist action.

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**Setting the magnetic resistance balls**

The two magnetic balls will snap when you swing the SwingSetter on the correct plane and with the correct tempo. The upper ‘Set’ ball is involved in setting the wrists during the backswing. The lower ‘Release’ ball has a stronger resistance in order to handle the extra speed during the downswing. Start on the lowest resistance and work your way up as you gain confidence, strength and timing.

Setting 1 = easy resistance  
Setting 2 = moderate resistance  
Setting 3 = harder resistance

**Do’s**

Hover the SwingSetter off the ground before swinging.  
Swing back smoothly using your core to initiate the movement.  
Make sure you hear the ‘Set’ ball snap prior to the halfway back position, and the ‘Release’ ball snap just past impact.  
Start off with low resistance.  
Close your eyes to feel and hear the correct swing positions.  
Hold the SwingSetter up right to reset the balls between each swing.

**Don’ts**

Set the ball resistance too high, pick the number that matches your swing speed.  
Hit golf balls with the SwingSetter or hit the ground.  
Start with the SwingSetter resting on the ground.  
Hear the ‘Set’ ball snap late on the backswing (just before halfway back is ideal).  
Hear the ‘Release’ ball snap before or after the impact zone.

**Troubleshooting**

If you find it difficult to get the upper magnetic ‘Set’ ball snapping just prior to halfway back or the lower magnetic ‘Release’ ball snapping in the impact area, reduce the resistance setting one level at a time until you achieve the desired result.

If you find there is no snap on the backswing and both balls snap on the downswing, reduce the tension on the upper ‘Set’ ball (and or) try to increase the speed of your swing tempo on the backswing emphasizing the movement of the stomach muscles and the setting of the wrists.

If both balls snap in the backswing, increase the tension on the lower ‘Release’ ball and slow your swing tempo.