

# Fast Times



To keep up your swing speed through impact, train your body and arms to work together by stopping your finish abruptly, with your hands low and the club pointing to the sky.

**WANT TO ADD SOME OOMPH TO YOUR SWING? PRACTICE CUTTING SHORT YOUR FINISH TO BUILD CLUBHEAD SPEED**

**W**hen trying to hit the ball farther, many golfers swing too hard and fast from the top of the swing, says Karen Palacios, a master instructor at the Jim McLean Golf School at the Doral Golf Resort and Spa in Miami. This throws your swing out of whack—the clubhead gets ahead of your hands—and saps your power at impact. For maximum speed, work on sequencing your swing so

your hands lead the clubhead at impact and your arms and body swing through together. To practice, tee up four balls and set up to hit punch shots, with your weight and hands pressed forward. Take a  $\frac{3}{4}$ -swing and cut short the follow-through (*see inset*). Consciously stopping the swing will help you create speed. It's like cracking a whip—the stop creates power. Hit the balls quickly in succession and listen for the swish.