

Handy Speed Stick Drill week 1 - 2

Before each drill and practice session it is advised to warm up properly to avoid injury. We recommend a 15-minute warm-up before the drill (for example jumping jacks, pushups and light stretching). When you have warmed up you will get more out of your work out!

The drill (around 8 - 12 min). **Take a 15-20 second pause between every fast swing.**

1. 3 swings without added weight on your nondominant side
3 swings without added weight on your dominant side
2. 3 swings with the smaller added weight on your nondominant side
3 swings with the smaller added weight on your dominant side
3. 3 swings with the heavier added weight on your nondominant side
3 swings with the heavier added weight on your dominant side
4. 3 swings without added weight on your nondominant side
3 swings without added weight on your dominant side

Handy Speed Stick Drill week 1 - 2

1. 5 swings without added weight on your nondominant side
5 swings without added weight on your dominant side
2. 5 swings with the smaller added weight on your nondominant side
5 swings with the smaller added weight on your dominant side
3. 5 swings with the heavier added weight on your nondominant side
5 swings with the heavier added weight on your dominant side
4. 5 swings without added weight on your nondominant side
5 - 8 swings without added weight on your dominant side

We recommend doing the drill three times a week to maximise the potential speed increase. Always have a day off in-between training sessions to let your body recover.

NOTE! Remember to check that the added weight is tightened properly and NEVER swing towards another person. Always have your swing path clear.

With the lightest weight the user usually can get up to 19% more swing speed compared to the playing driver. The middle weight allows for up to 17% more swing speed and the heaviest of the three up to 12% more swing speed. With regular training, it is possible to get a 10 to 15 mph increase in your club head speed within a month, which gives you up to 30 yards more from the tee! The best part about training is that after it you do not need to swing harder but your natural swing will become faster by itself. We recommend to practice three times per week with a day off in between optimizing swing speed gains.

Handy Speed Stick training sheet

Week 1

Session 1

L left	L right	M left	M right	H left	H right	L left	L right

Session 2

L left	L right	M left	M right	H left	H right	L left	L right

Week 2

Session 1

L left	L right	M left	M right	H left	H right	L left	L right

Session 2

L left	L right	M left	M right	H left	H right	L left	L right

Session 3

L left	L right	M left	M right	H left	H right	L left	L right

Week 3

Session 1

L left	L right	M left	M right	H left	H right	L left	L right

Session 2

L left	L right	M left	M right	H left	H right	L left	L right

Session 3

L left	L right	M left	M right	H left	H right	L left	L right

Week 4

Session 1

L left	L right	M left	M right	H left	H right	L left	L right

Session 2

L left	L right	M left	M right	H left	H right	L left	L right

Session 3

L left	L right	M left	M right	H left	H right	L left	L right

Week 5

Session 1

L left	L right	M left	M right	H left	H right	L left	L right

Session 2

L left	L right	M left	M right	H left	H right	L left	L right

Session 3

L left	L right	M left	M right	H left	H right	L left	L right