

What is tempo

1. Tempo is speed through the ball while keeping the swing smooth, in other words accelerating at the right time.
2. Keep this in mind when practise swinging, so that you slowly build the power up through the downswing rather than swinging too quickly from the top of the downswing.
3. Keep your backswing nice and slow, as well as the changeover and then build the speed up to be the fastest at the ball and through impact.

GOOD LUCK