

# Golf Digest

THINK YOUNG / PLAY HARD

**4** STEPS  
TO FLAT  
-OUT  
**BOMB  
IT**  
BY PHIL  
MICKELSON

SEAN FOLEY'S  
STRESS-FREE  
SHORT GAME

SECRETS  
OF THE  
LONG-DRIVE  
CHAMP

+  
NEW RANKING  
WORLD'S  
> 100  
GREATEST  
COURSES



FEB / 14







SIMPLE  
CUES  
TO GET  
YOUR  
GROOVE  
BACK

BETTER TEMPO







BY ROB AKINS

GOLF DIGEST TEACHING PROFESSIONAL

**T**HANKS TO JOHN NOVOSEL'S RESEARCH in the 2004 book *Tour Tempo*, we know that virtually all good golf swings are built on a 3-to-1 ratio. No matter how fast or slow these swings are, the backswing takes three times as long as the downswing. To help you groove that 3-to-1 tempo, I've come up with a series of tips you can recite to yourself when you swing. Each of them is three words on the backswing and one word on the downswing to match the 3-to-1 concept. These phrases will not only improve tempo,

👉 **SCROLL FOR MORE**

# BETTER SWING

