Speed Control Drill
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Drill:

1. Place the CB on the headstring.

2. Use your most comfortable and accurate tip position. An above-center hit creating immediate CB roll will give you the best speed control.

3. Start with the first speed (1: very slow).

4. Stroke the shot, having the CB stop within 1-3 inches of position 1.

5. Repeat until you get two consecutive successful attempts.

6. Repeat steps 2-5 for the next speed.

7. After succeeding at the fastest speed (6), go back to step 3.