

MITCH DOBBYN
WORLD LONG DRIVE PRO

8 SUREFIRE STEPS TO
DRIVE THE
BALL
FARTHER

Professional long driver and golf fitness expert Mitch Dobbyn reveals his top tips and training plan to build power and maximize driving distance.

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*Want even better results?
Accelerate your athleticism with Halo Sport,
the first neurostimulator for athletes.*



How does Halo Sport work?

Halo Sport accelerates training improvements in skill, power, and endurance. Wear the head-set for 20 minutes during your warm-up, then take it off. Your motor cortex will remain in a state of hyperlearning for another 60 minutes.

Learn more at haloneuro.com.

MITCH DOBBYN'S
TOP TIPS TO DRIVE THE BALL
AS FAR AS POSSIBLE

1

REMOVE
TENSION FROM
THE BODY

Tight muscles don't move fast. Stay loose to move faster and develop more power.

2

STAY INSIDE
YOUR TUBE

Don't sway and slide from left to right. Staying centered will help you make solid contact with the ball.

3

ALLOW YOUR
BACKSWING TO
COMPLETE

Much like a car switching from reverse to drive, you need a transition point. Make sure to complete your backswing before starting to move forward.

4

HIPS FIRST,
HANDS LAST,
BUT FAST

Lead with your hips first, then come in with your shoulder and arms. Your hands should be the last thing to come through.

5

KEEP YOUR
EYES ON
THE BALL

You've probably heard this a million times, but it's critically important to watch the ball throughout the entire swing.

6

KEEP A
NEUTRAL
SPINE

Instead of arching your body, stay upright throughout the swing.

7

BALANCE
YOUR WEIGHT

As you transition through your swing, keep your weight on the inside of your feet. If you let weight shift to the outside of your feet, you'll lose power.

8

FOLLOW
THROUGH

Even for short shots, people tend to decelerate when they make contact. Make sure to accelerate through the ball.

MITCH'S TRAINING PLAN

Before you hit the driving range, build power with my training plan.

Driving the ball as far as possible starts with building lower body strength and explosiveness in the gym. Perform these workouts with heavy weights (Mitch's suggestion: 80% of your one-rep max) and focus on moving the weight as fast as possible.

To quote Mitch directly, "The **FASTER** you can move weight, the **MORE** weight you can move. The **MORE** weight you can move, the **FASTER** you can move weight. That's what translates to a fast and powerful swing."

WORKOUT 1

KETTLEBELL SWING | 3x6 |

FROG JUMP | 3x6 |

DEADLIFT | 3x6 |

WORKOUT 2

KETTLEBELL SNATCH | 3x6 |

BOX JUMP | 3x6 |

OVER SPEED GOLF SWING | 3x6 |

CABLE CHOP | 3x6 |

WORKOUT 3

CABLE PRESS | 3x6 |

SQUAT | 3x6 |

MEDICINE BALL CHEST THROW | 3x6 |

Mitch Dobbyn trains with Halo Sport to drive golf balls even farther. You can too.

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