

TRAINING TOOLS

Here are two inventions to help you groove your full swing. On the low-tech end of the spectrum is the Orange Whip Trainer (\$100, orangewhiptrainer.com), a flexible shaft with counterweights on each end. It flops terribly if you make a poor swing and helps with swing tempo. It's also a good workout for the core muscles. Prefer something more high tech? The angular momentum of a battery-powered 20,000-revolutions-per-minute gyroscope in the head of the Gyro Swing training club (\$220, sklz.com) wants to stay square as you swing it and provides tactile, buzzing resistance when you swing off-plane or release early. —MA

