The slower the tempo, the more mistakes you can make during the backswing. Then during the slow transition, after the slow errored backswing, you have plenty of time to get into a good body and club position to begin your slow tempo down swing.

In other words, the slower the tempo, the easier it is to hit solid shots producing baby draws and baby fades. First a golfer should learn how to hit solid shots with a very slow tempo back, at transition and then the down and forward swing. After that, one can use the modified perpetual motion drill. At this point one should probably start doing the soccer ball between the knees or thighs drill.