

# **555 GOLF EDITORIALS**

**'PERFORMANCE EXCELLENCE'**

## **A TICK TOCK VERSION**

You will remember our 'Tick Tock Drill'. It is a 'Rapid Fire Drill' using five balls organized in a line. You can do them 'In Random Locations' but that requires advanced skills including 'Stepping Into The Ball'. (see 'Measuring To The Ball') The purpose of this 'Rapid Fire Drill' is to get and stay fluid in your 'Golf Motion'. It is an 'Abbreviated Swing Drill'. You must 'Set-Up' properly and be acutely focused. Your brain will be crunching a lot of numbers!

This drill is based on or requires acute 'Optical Control'. You must be looking at the 'Ballistic Point Of Each Object Ball' ('BIC') from the 'TOB' 'Down & Out'. (see 'DOFT') Search your archive and revisit the 'Tick Tock Bullet-Proof Drill'. It is on the '555 Golf' site.

A distinct benefit of this drill is the fact that you are in motion all the while and do not have to start your swing from a stationary 'Address Ready' or 'Impact Fix'. Some people "Get Stuck" or struggle with their 'Take-Away'. You can also start your swinging motion from the 'Shaft Horizontal To The Ground, (Swing Sequence #9) past the ball in the 'Chase Follow Finish Swing Segment'. You kind of start your 'Back & Up Swing' from the finish position with gravity providing a 'Dropping Motion' trigger.

During my 'Pre Shot Routine', I personally, always look 'Down The Line' to confirm my 'Far Target'. Then I transition 'Up The Line' to my 'Intermediate Target' ('I/T') and back to my 'Bottom Inside Cheek' ('BIC'). The 'Captain Eyes' run this show! Talking about 'Triggering' herein, when my 'Eyes cross my 'I/T', heading for the 'BIC', I actually 'Trigger' my 'Breathing-Out Take-Away Motion'. At the rate and direction my 'Eyes' are moving, my 'Clubhead' moves. In this manner there is no decision making as to 'When'. It is just a 'Do It Now'!

See if this helps you 'Get In Motion' without any hesitation. The 'Take-Away' is a FUN event!

Not being able to 'Pull The Sweeping Trigger' is a marginal case of the 'Yips'!

**"Welcome Aboard!"  
"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

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