

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

PUTTING DRILLS

ALLEVIATE KILLER TENSION

Push Your Lever Assemblies Down – Breathing Out
'Pre Shot Routine ... Every Procedure'

A vital component in our preparation for a 'Golf Shot' is directly related to 'Ridding Ourselves Of Deadly Tension' ... mostly 'Lever Assembly Tension' ('UBM'), but we can be afflicted with 'LBM Tension' as well. When we are tight, we cannot move freely and make a 'Free Swing' or really any swing at all. We make stabs and yanks!

Heck, when we are tight, we cannot even get proper 'Posture', let alone progress to our other **'5 SET-UPS'** ... 2) Grip, 3) Stance, 4) Ball Location and 5) Alignment. We are stymied before we ever start the 'Back Swing'. What a terrible way to ruin a good day from the get-go! From the first tee it starts to look all uphill!

There is a simple 'Bullet-Proof Putting Drill' that can help you realize what 'Tension' is and perhaps guide you along the way to alleviating that monster.

Go through you normal 'SET-UP'. Let any tense 'Feelings' dissolve away and wash from your body. Let you 'Hands, Arms and Shoulders Hang Deeply'. Keep that 'Sternal Clearance' but do so in comfort. Learn to 'Feel' that 'Pushed Up-ness' as a invitation to 'Stability & Performance'. When you accomplish a proper 'Pre-Shot Routine', knowing that what you do is correct, you build 'Relaxation'. What a wonderful way to enhance your 'Happiness'! What is or has been you delay?

If you do not know your '555 Drill' called **'DOWN UP & DOWN'**, pick up the telephone or send your personal 'CMTP' and find out what it means! **"Do It Now!"**

All 'SET-UP', make a natural 'Lag Feeling Putt' that 'Releases Off The Face' 'Rolling & Chase' 'Down The Line'. Let the Ball Come Off The Face gently, powerfully and positively! Do not 'Pop or Slap It'! That is about as insulting to your 'Golf Ball' as a 'Human Slap In The Face'! Oh, you know that do you?

Notice how freely, how fluidly, the 'Putter Head' moves back and forth in a gentle, non-manipulated arc. This is 'The Feel'!

We need to know what 'NOT TO FEEL' so we can be aware of and fend off the 'Short Game Demons'. Tense up your 'Hands, Arms and Shoulders'. Make another identical

stroke. Wow! Really sucks! Shorter! Stabby! Off Line delivery! No Release! Steering The Ball! Lost focus! What else could have gone more wrong with this simplest of golf strokes? As Moe Norman calls it ... “Smelly!”

You know, of course, that this description and ‘Drill’ actually applies to your Driver as well ... and to every other ‘Procedure’ in between!

You have heard the venerable old golf saying that likely spawned from a conversation between ‘Old Tom Morris’ and ‘Anton Glincaidie’ at St. Andrews in Scotland. If not, here it is, **“You don’t play golf to relax Laddie! You relax to play golf!”**

As usual, the first step towards alleviating ‘Tension’ is recognizing ‘What’ it is and then discovering ‘Where’ it comes from. I want to tell you that virtually all ‘Tension’ culminates from your ‘Thoughts’! Yes, from between your ears! **The greatest distance in golf!** Do this above ‘Putting Drill’ and listen to your ‘Body Talk’! It is always sending messages to you’. Are you listening?

So now you know ‘The Rest Of The Story!’”

**“Welcome Aboard!”
“Enjoy The Ride!”**

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24/7