

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **BALL BOUND & FEARFUL**

The Rapid Fire Drill Fix

So many of our golf students try to hit the ball very hard, while holding their breath and worrying about where it is about to go! What a shame! They thus get consumed by the 'Impact'.

Using the 'Impact Bag' is a valid exercise, but it tends to hold us captive to 'Hitting' when 'Swinging' is the key. Your '555 Team' looks upon the 'Golf Strike' as a 'Swinging Hit' more than a 'Hitting Swing'. Whatever you chose, there must be a definitive 'Swinging Motion'. These comments will provide 'Food For Thought'!

If we struggle with too much 'TENSION' in our minds and bodies, especially in our 'Hands' with emphasis on the 'Working Fingers' ('Thumb & Index Fingers') and our 'Wrists', we shall never generate the relaxed, controlled 'Squarely Applied Clubhead Speed' that we desire.

To master 'Load and Release' ('The Power Line Sequence - 'Accumulate, Load, Store, Deliver and Release' – 'ALSDR') we can utilize our very effective 'Rapid Fire Drill'.

Set-Up 5 golf balls in a line from near to far from our 'Foot or Body Line' ... that is a line perpendicular to the 'Target Line'. Now, in a 'Tick Tock Motion', hit each of the 5 balls 'Down The Line' in a balanced succession. The 'Trigger Words' "Sweep & See It Pin" ... "Sweep & See It Pin" ... will help us accomplish this 'Rapid Fire Drill' and reduce the pent up 'Tension' that kills any great swing. ('Hitting the Ball when you say "SEE IT" is key to this 'B-P Drill')

You will have to step into each ball with your 'Target Foot' as you 'Transition' from your 'Top Of Back Swing' into the 'Forward or Down & Out Swing'. Try it! You will get it!

If you are 'Lever Assembly Tense', you shall have to relax to make this work!

The 'Captain EYES' must run the ship from the bridge. Say "See It Pin" every strike! If you fail to do so, remember it is your parade!

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

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