

# **555 GOLF ACADEMY**

## **'WHERE PASSION MEETS PERFORMANCE'**

### **THE BASE BOARD 2 X 4 DRILL**

This Drill helps you become aware of our Clubface AIM, Clubhead PATH and 'Sweet Spot IMPACT' combined with our 'Physical Stroke Mechanics'. It is a full Set-Up and Execution Drill and I stress that you focus on FEEL.

It is a 'FEEL DRILL', as usually is the case in all my 'Bullet-Proof Drills'. Learn how to 'Repeat The FEEL'.

The Set-Up is very simple and easy.

The purpose is equally as Basic, but the importance is huge!

Learn and do this Drill!

You require your most trusted Putter, three (3) high-quality Playing Balls and one (1) nice straight two or three foot 2X4, painted white is very professional!

It is best to start this Drill on the Level Dance Floor. I am not interested, at first, in any 'BREAK or SLOPE'.

Place the 2X4 so one of its edges is AIMING to about the far edge or lip of the cup and parallel to the 'Ball Rolling Line'.

Establish your '**B.E.S.T.**' ROUTINE and place the Toe of your Putter against the closer edge of the 2X4, with the Clubface or Blade SQUARE to the 'Ball Rolling Line'.

Using the proper 'Stroke Technique' (recommend the Rocking Chair Shoulders) make a good easy Stroke, Toe in contact with the 2X4 keeping the Clubface or Blade SQUARE to the Line. FEEL this MOTION.

Now take a Playing Ball and place it 'Absolutely in the Centre of the Clubface or Centre of MASS of the Blade. (Sweet Spot) This is so you do not Fade or Draw your PUTT!

Stroke the Ball with the correct Take-Away or Stroke Length to get the Ball to the Cup and about 12" to 17" beyond. This is the 'One Inch Rule'. If you do not get it to the hole it will NOT go in!

See how your 'Line and Stroke Procedures' (supported by a good Set-Up) perform. Evaluate the Distance and Direction Aspects. FEEL the Stroke!

If you happen to have a stripped range ball on hand, place the stripe directly 'On Ball Rolling Line' and, if you stroke the Ball perfectly, the Stripe will look like it is one solid line rolling dead straight 'Down the Line', end over end into the Bottom of the Jar!

You can do this Drill from various Distances to test your longer range accuracy. Work on your Breathing and the Relaxation of that Target Elbow. Hands have to be 'Steady Palms Opposed'.

Remember, the Putting Procedure requires 'NO WRIST COCK' and 'NO PIVOT', and thus, the Lower Body Machine is 'Dead Still'. Only the 'Rocking Shoulders' move the Putter Blade 'Straight BACK and Straight THRU' the Ball right down the 'Ball Rolling Road' into the 'Bottom of the Cup'. Your '**WRIST TRIANGLES NEVER CHANGE SHAPE**'.

Using 'Break and Slope' are useful once you have 'Mastered the Basics'; not before. Stay focused on simplicity and FEEL it. Learn the FEEL (supported by Set-Up) so you can 'Repeat the FEEL'. You can and must become a '**REFLEX PUTTER**'.

.....and you do not have to be a great athlete to do so!

Isn't that nice!

Round Tummies can beat Flat Tummies!

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

**SATISFACTION GUARANTEED**

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