

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

PUTTING DRILLS

BIG VISION DRILL

On a level green, with the flag removed, place a ball about twenty feet from the cup. Go through your 'Pre-Shot Routine' ('PSR'), following the procedures and building confidence as you progress. Elevating your chemistry!

Now, instead of stroking the 'Putt', standing square-chested behind the ball facing the hole and holding the putter by the head, take a 'Mind Picture', close your eyes and walk purposefully to the cup. When you get there, eyes still closed, stick the grip end into the hole.

How did you do?

Most people stop short. They generally start to make smaller steps as they get closer. They behave as though they are not allowed to go past the cup. The hole assumes very restrictive limits as though we are in a box that we are not allowed to go outside of. Thus our mental focus is only as big as the space between the ball and the cup.

When we are focused tightly on the hole, our mind is smaller and our world is more constricted. In this 'Putting Drill' it is like we are approaching the end or edge of the world. This creates 'Fear' of going beyond the safe parameters and falling off into space.

Thus we tend to so often come up '**Short Of The Hole**'. We actually set ourselves up for this poor result. We fall prey to striving to be great 'Lag Putters' who get a reputation of 'Coming Up Short'! Remember, avoid 'Outcome Golf' and strive to accomplish 'Process Golf'.

There is a psych-somatic aspect of this tight focus. We shorten our mental picture and data as soon as we 'Fear' going past the hole or destination. Our mind makes the 'Distance To The Hole' look closer than it actually is. We lose our 'Timing, Tempo, Rhythm. Cadence & Pace'.

When you are in your 'Pre-Short Routine' let your view initially include more of the green and work in closer as you get nearer the end of your routine. Get the 'Big Picture First'. This enables a 'Bigger Mind' approach, which invites improved results. Don't willingly create limits!

SATISFACTION GUARANTEED

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