

# 555 GOLF ACADEMY

**'PERFORMANCE EXCELLENCE'**

## SHORT GAME DRILLS

### CAD DRILL

You understand the 'Body Clocking' concept and have mastered it at least to a degree?

This 'CAD Drill' stands for '**Calibrated Approach Drill**' is easy to accomplish and the purpose to enable you to accurately '**Control Your Short Game Approach Energy and Distance**'. We all know how essential that aspect of our game really is! You cannot score if you have a weak 'Short Game'.

Worth noting that, the better and closer you strike your mid to short irons, the lower your scores will become as well. That concept certainly applies to every club! A very well placed approach shot, say to within 5 feet, gives you a great opportunity to 'One Putt'!

Here's the 'CAD Drill'. It unfolds rather like the '**Four Ball Drill**'.

It is very smart and useful to lay a #2 Iron on the ground to define your 'Body and or Target Line'. We need definition to get to precision!

Place five balls on the ground about 3 inches apart in a line perpendicular to the 'Target and Body Line'. Define a precise 'Target' always! You will strike each one of these balls in a relatively quick sequence to five different distances with the same 'Short Iron'. The yardage is created and controlled by '**BHTD**' ('Brace Hand Travel Distance') or the amount of 'Take-Away' you pre-select and achieve. The farther you take the 'Clubhead 'Back & Up', the more 'Energy you 'Load' into your 'Golfing Machine' and the farther the ball will travel due to a good 'DOFT' front swing. Simple concept and reality!

You know your '**5 Body Clocking Positions**'. ('Brace Thigh, Brace Hip, Brace Lower Rib Cage, Brace Arm Pit and Brace Shoulder') Strike the 5 balls using each 'Body Clock' starting with the smallest or shortest 'BHTD' increasing to the longest. Pay particular attention to the distance. Each shot should travel about six to fifteen yards farther than the previous 'Stroke Distance'.

Repeat this '**Five Ball CAD Drill**' 5 to 10 times until you become familiar with the procedure and get to know the yardages. Store that knowledge in your 'Mental Library'.

## **SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

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