

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

THE COAT-HANGER or BOOK DRILL

(a 'Stable Hands, Wrists and Forearm' creator
for better DIRECTION Control)

This Drill is a 'Stable Wrist Forearm Triangles Drill'. Never leave home without it!

Passive total 'Lever Assembly' in the 'Putting Stroke' is essential. Not changing your 'TRIANGLES' formed by the 'Hands, Wrists, Forearms and Shaft' is imperative for the average modern Putter although some elect to 'Rock Their Wrists rather than to Rock Their Shoulders'. Some rather good Putters like Arnold Palmer come to mind, but there are few who measure up to this gentleman champion. Best we all try in the 'Putting Stroke'. Lofty goals!

So, every time you prepare to make a Putt, have your caddie put a plaster of Paris cast on your Hands and Arms. With the 'Pre-Stroke Routine' we have defined, you will ensure that the 'Set-Up Wrist and Arm Angles to the Club Shaft' will be maintained throughout the entire 'Swinging MOTION', thus preventing 'Manipulation of the Clubhead by the Hands'.

Whatever we do, with whatever 'Stroke Pattern and Components' we Pre-Select' we must be assured of the 'Clubhead PATH', the 'Clubface AIM' and the 'Sweet Spot or O.P.A.' being dead centre on the Ball and 'Down the Ball-Rolling-Line'. We must prevent breakdown or variable in the 'Set-Up Components' and we must insure stability in the 'Procedures', whatever they are. This is the only way to become a 'Consistent and Repeatable Putter' making less than thirty Putts per round. Twenty -five will realize more dreams!

If you do not have a 'Small Book', a 'Video Tape' is an excellent or even better alternative.

Practical? YES.

CONSISTENCY:

Regardless of your Stroke Pattern, your 'IMPACT Fix Putting Wrist Triangles', as stated, must be 'CONSTANT'. Any breakdown will cause 'Manipulation' and difficulty getting the Ball into the Cup as planned. 'Variable Triangles During the Stroke' will cause 'Clubface AIM and PATH errors while likely infecting 'Clubhead SPEED'.

Before we get into the 'Drill' here, if you are having problems with this 'Wrist and Arm Angle Stability' to 'Shaft Plane' in your Stroke, you will likely be 'Slicing Your Putts'! 'Short and Low-Energy Side'. Does this sound familiar?

Remember, the 'Ugly Step Sister to the Slice is that Pull', that 'Round-Housing PATH'. With Arms and Hands moving 'Out of Sync', you will likely be taking your Clubhead Away with what I call a 'Pick Up Inside Take Away' and this is certainly NOT good 'Putter-Head Control'. I personally would like to see your 'Clubhead' stay level to the 'Dance Floor' while 'PATHing Straight Back and Straight Forward Through the Ball' right down the 'Ball Rolling Line' (BRL).

But, very small muscular moves will lead to one or more of the **'THREE DEADLY SINS OF PUTTING'**; 'Clubface Off-AIM', IMPACT or Ball contact with the Clubface's being outside the 'Optimal Percussion Area (OPA) and Clubhead PATH's being 'Off Ball Rolling Line'.

THE 'COAT-HANGER' DRILL:

The appropriate Drill might be to find your proper 'Deep Handed' and 'Extended Position' with its proper FEEL. Then to bend a 'Coat-Hanger' to the 'Triangular Shape' so that you might place it between your forearms to help maintain the 'Triangular Shape' that is formed by the Wrists and Forearms to the Shaft during the 'SET-UP' and the actual 'Stroke'. You may have to 'Tinker With It' for a while to get the shape right, but it ahs to fit.

THE 'SMALL BOOK' DRILL:

Another successful method is to find a very small light hard-covered book, or some other similar object, that just fits between your forearms in proper 'LEVER SET-UP'. Place it between your forearms at 'Set-Up' and Putt holding it gently in position. This ensures that your 'Wrist-Forearm Angles to the Shaft PLANE and Line' are maintained. 'Steady Triangles' preclude 'Hand and Forearm Manipulation of Clubhead during IMPACT and Through the Ball'.

You always want to strive to '**SWING THE TRIANGLES**'. (book, coat-hanger or other)

THE RESULTS:

Using this Drill, will enable your 'FEELING the Hands, Forearms and Shoulders' moving as a single co-operative unit. It will keep you 'Swing Arc' quite 'Deep and Flat FEELING' or 'Shallow' both back and forward from and 'Through the Ball' which is so necessary to imparting good 'Top Spin Roll' to the Ball while avoiding 'Side Spin Roll' which creates break and off-line movements.

I cannot overemphasize that, whatever you do, your 'Three Primary Conditions' must be repetitive. The 'Clubhead PATH', the 'Clubface AIM' and the 'O.P.A. or Sweet Spot' must be operative. Your 'Putting Welfare' and overall happiness depends on it!

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

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7