

# **555 GOLF ACADEMY**

## **‘WHERE PASSION MEETS PERFORMANCE’**

### **THE JUICE GLASS DRILL**

Just before I leave this topic, I would like to give you a drill you can use to help develop steadier Hands, especially the Target Side, and smoother movements, especially the transition ones.

Find a juice glass and fill it to the top with water not juice. It is easier to clean up if you spill a little.

Set this glass on the floor in front of your Target Foot. Bend over at the Knees and pick it up in your fingers of both hands, right hand on the right side and the left on the left, palms opposed. Set yourself up in the 'Putting Address Position' that you have now carefully and effectively developed. Feel like you are about to make great putts.

Now, ‘Transition from Rest to Motion’ as smoothly as you would were this move for a four footer worth a buck! Back and forth five time using a 'Short Stroke Distance'. Do this for several cycles of five reps and, as long as the glass is still full, widen your STANCE and do another full set of five reps. Repeat this from very wide to very narrow. Remember the widths and once you have completed the exercise, perhaps you might make your putts with the ‘STANCE’ that did not spill a drop.

You are finding your 'Movement Comfort Zone'. Good putting needs to operate from this zone.

This drill will get you FEELING smooth and making the transition with ease. It will help you make Putts without watering the green.

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

### **SATISFACTION GUARANTEED**

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