

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

NEVER SWING UP AT THE BALL

How many people 'Swing Up Hill At The Ball'? Hords! Throngs! Gaggles! Flocks! Herds! Communities! Too many!

Why do we 'Swing Up Hill At The Ball'?

- 1) **'Reverse Pivot Action - Reaction'** (often a 'SET-UP Error') and
- 2) **'Ball Location Too Far Forward'** ('SET-UP Error') and
- 3) **'No Leg Drive or Pivot Pressure'** ('Round & Round') and
- 4) **'Lack Of Brace Lever Extensor Action or Bend & Straighten'** and
- 5) **'Lack Of A Target Lever Dead Rope – Lever Tension'** ('BOSA') and
Feel like you are driving the ball into the ground.
Take grass just below the ball or knock the tee out if its hole.
- 6) **'Lack Of Seeing The Ball Acutely'** ('Ocular Bail-Out') and
- 7) **'Swinging AT and not THRU The Ball'** ('Obstructed Release') and
- 8) **'Lack Of Knowledge'** and **'Teaching Leadership'!**

When we strike the 'Ball' **'FAT or THIN'**, we compromise **'Compression'** and usually **'Line Of Compression'**. The '5 Essential Elements' erode! There is nothing else needed to make you an 'Unhappy Golfer'. In fact, it is all 'Down Hill From There' ... except for your uphill scores!

'Extend Both Your Arms Down To The Ball'. 'Push' your hands down until you feel stretch in your 'Neck, Shoulder ('Trapezius') and Upper Back ('Scapular') Muscles' while 'Breathing Out Deeply' (see 'DDB') and 'Bracing Up', 'Chin Tallish'. This is essential in setting your 'Swing Radius' and 'Bottom Of Swing Arc' ('BOSA') where the 'Ball' patiently resides.

SATISFACTION GUARANTEED

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