

# 555 GOLF ACADEMY

## 'WHERE PASSION MEETS PERFORMANCE'

### #8 IRON PUSH DRILL

(Basic PIVOT Only Drill, Zero Out The Hands)

This is really NOT a 'Stage One' ('No Wrist Cock and No Pivot') Procedure. It is not even a 'Stage Two' ('Wrist Cock' but 'No Pivot') Procedure. This Drill is about 'PIVOT DELIVERY' period! Still appropriate here in the 'Putting Realm'. Your '555 Golf TEAM' uses this great 'Bullet-Proof Drill' to transition from the 'Putting Green' to the 'Practice Line'. Wonderful 'Feel' generating discipline.

This 'Bullet-Proof Drill' is designed to improve your 'Brace Hand Release' or 'PIVOT Release or Delivery Motion'. It is, of course, an 'Eye-Hand Coordination Drill' of the first order. You might want to think of it as one of your 'Firing The X' Drills where we focus on that Brace Index Finger 'X' Motion 'Down The Line'.

Were you to ask me, 'What Is The Key Purpose Of This Drill?' I would tell you that it is indeed, as mentioned, the 'Transition Drill' from 'Putting & Chipping', from 'Stage One' to 'Stage Three Procedures' which must involve **Pivot or Lower Body Machine Rotation** the 'Absolute Horizontal Motion Source'.

As outlined in the 'Golfmyth Collection Putting Chapter', you can benefit by going through your entire **Pre-Shot PUTTING ROUTINE**. Then, place the Ball quite aft, outside your 'Brace Foot' four to eight inches. This promotes 'Rotation'. Aim your 'Clubface' precisely. DO NOT 'Taking the Blade Away From The Ball' but simply move the Ball by keeping your Hands low or level with the ground and your Clubhead even and in contact with the grass. 'PUSHING The Ball' 'Down-The-Ball-Rolling-Line' by 'Rotating Your Hips ('LBM') towards the Target or Quarter. Let your 'Brace Leg Deliver The Ball To The Target'. The 'Brace Leg Drive' ('Thrust') controls your 'Weight or Distance' as it does in the 'Full Swing'. Makes good sense to this 'Country Gentleman Teacher'! Basics 'Stage Three Stuff'!

The Ball will stay on the Clubface or remain gently 'Compressed and Pressed' all the time you are rotating under acceleration. As soon as your 'PIVOT Pressure' is reduced or released, so too will the 'Golf Ball' be released off the 'Clubface' down the 'Thrust Line'. This is also all about **Compression and Line Of Compression**. What the 'Golf Shot' is all about!

This Drill will clarify your **Clubhead PATH** and how your Shoulders, Arms, Hands and Golf Club bring the 'MOTION' to happen. You should FEEL quite 'Square to Square' and 'Brace Lever Extended'.

Pay attention to the 'Level Shoulders and Tallish Tummy FEEL' combined with the 'Brace Hip and Hand Delivery FEEL'. Don't 'Sway or Reflex Slide'! Be aware, if you 'Sway Into Your Coil' or 'Back Swing' you will almost unavoidably 'Slide While Un-Coiling In Your Front Swing'. Carefully observe the 'Ball Rolling Characteristics'. This is a 'Dead Handed Procedure'. The 'WORK' is accomplished by your 'PIVOT Release' only. The 'Brace Leg' does all the 'WORK'. This is a purely 'Round & Round Drill' ('R&R') .... All 'Horizontal Motion'!

Don't forget that this drill can be accomplished with any of your favourite 'Chipping Irons' as well and not just the #8 Iron. Best Of Luck!

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

## **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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