

One Minute Golf Tips

‘WHERE PASSION MEETS PERFORMANCE’

DOING THE FOUR BALL

The object of this ‘One Minute Golf Tip’ is to ‘Improve Your Game’ quickly and easily.

The names of our ‘Drills and Exercises’ say a lot about the task. This ‘Drill’ requires ‘Four Balls’! I got that! With you so far!

The magic of this ‘Drill’ is that you cannot do it wrongly. If you do not have the ‘SET-UP’, the ‘MOVES’ and the ‘RHYTHM’, you are cooked! There is a ‘Golf Wreck’ about to happen! You will survive! A little hint. **‘Keep your Eyes On The Butt Of The Object Ball At All Times’**. Make three quarter Swings only!

Best done on a matt at least at first. Place ‘Four Balls’ in your ‘IMPACT SEPARATION Zone’ about three inches apart out to in. Take a #8 Iron first. Make some of your typically disciplined ‘Tick Tocks or Hand Shake Swings’. Get the ‘FEEL Of The Steel’ and ‘Swinging Motion’. ‘Swing The Clubhead’ just short of the first Ball in line. Then, at the ‘Top Of Back Swing’ (‘TOB’) step into the Ball with your ‘Light Target Foot’ and just ‘Pinch’ the Ball of the matt. Without stopping (very important) continue back to the ‘TOB’ and make another **‘One & THRU PIN’** pass through the second ball and then the third and then the fourth.

This is a ‘Repetition Drill’ and must be done as such. It induces your awareness of **‘TEMPO, TIMING, RHYTHM, CADENCE, PACE and BREATHING’** and a lot more. ‘Feel’ what is taking place. ‘See The Ball Come Of The Clubface’ while looking at it s ‘Bottom Inside Cheek’. ‘Feel’ or ‘Get And Stay Brace Connected’ to the ground. Use your ‘Body PIVOT’ to ‘Transport The Arms and Hands’ through the ‘IMPACT and SEPARATION Zone’. Say your ‘ONE & THRU’ ‘Incantations’. All this ‘EVERY TIME’! Routine Stuff!

Play well!

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7