

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

'SHORT GAME DRILLS'

THE 'ONE THIRD...TWO THIRDS RULE' DRILL

(THE 'CHASE' DRILL)

This Drill is designed to promote proper 'Swing Balance' or 'Swing Energy Between the Back And Front Swings'. It is important to understand that the 'Pure Pendular Putting Swing', which works over relatively short distances, will be a longer 'Back Swing' than 'Through Swing' or more like '1/3 .. 1/4' for want of a better way of explaining it. The Length of the 'Through Swing' is less than the length of the 'Back Swing'. This is due to the 'Energy Transferred To or Absorbed By The Ball At Impact'. I much prefer the 'Feel Of Chasing The Ball Down The Line just a Little'. It keeps the 'Blade Square' just a moment longer. Square Clubface AIM and Clubhead On PATH are Good!

Perhaps you might approach this 'Putting With a Tee Drill' as a matter of the stroke distance from the tee to Ball as being 'One Third' of the stroke distance with 'Two Thirds' needing to be accomplished beyond 'IMPACT'. That is perhaps a clearer definition?

'Follow or Chase' ensures 'FEEL of Extension and Line' so necessary and beneficial to making good Putts.

One must not 'Slap or ever Hit a Putt'. It must be stroked and in order to accomplish this, one must 'Swing the Putter Head' not 'AT' but well **THROUGH** the Ball. 'AT-itis Kills Great Putting Opportunities'.

I like to call this drill my '**1/3 .. 2/3 Drill**', in that the distance I take my putter head away from the ball and back to it, is only one half of the Stroke Distance I accomplish 'THROUGH the Ball' which is after IMPACT or Contact and SEPARATION. Therefore the name, the '**1/3 Back and 2/3's Through Drill**'.

At the same time, you may have heard of or use the 'Cadence Drill' for good 'Tempo and Rhythm' in your Putting. You know, it's the one where you count during your Back Swing and through Stroke. As you gently take the 'Putter Head' away in the 'Back Swing' you say **ONE**. At the limit of your 'Back Swing' (against the Tee Drill) you say **AND**. At this point you must 'NOT FEEL any TENSION' in your 'Wrists or Elbows', You must 'FEEL' **Long or Stable In Length** in your 'Target or Swing Arm' (Lever) while being subtly ready to get back to **Deep** with your 'Brace Hand and Brace Shoulder'. Let your 'Forward Swing' or travel start by **GRAVITY** and NOT muscle. Now, as your 'Putter Blade' is making its Stroke contact with the backside of the Ball, you say **THROUGH**.

All this combines to reinforce and make happen this '**1/3 Back and 2/3's Through Drill**'.

PURE SCIENCE:

Again, I want to clearly point out here that, when you are making a purely 'Gravitational or Pendular Stroke Procedure' in Putting for short distances, the 'Back Swing Travel Distance' will be slightly longer than the 'Front Swing Travel Distance' due to the fact that the Ball absorbs some of the 'Putter Head ENERGY' and thus slows it down, reducing the 'Front Swing Travel Distance'. When your 'Putter Head' collides with the Ball it slows down slightly which reduces the 'Front Swing Length'.

So, pure 'Physics on the Table', the mathematics of 'Swing Lengths' might be '**1.0 Back Swing Distance and 0.9 Front Swing Distance**' with a very 'Low Energy Stroke'. I guess it depends on your 'Scientific Pendular Perspective' or your 'Swing Preference'. I personally only 'FEEL' this 'Shorter Front Than Back' when the Putt is a very short one; perhaps inside two or three feet and even then I like to 'Chase' so I do not stab or hit. The 'Putting Stroke' is a flowing affair! Longer than two or three feet, I am going to apply slightly more 'ENERGY' and thus create slightly more 'Through Length' resulting in more 'Follow or Chase' as we discussed earlier.

Also, whatever you do, always '**ACCELERATE YOUR CLUBHEAD THROUGH THE IMPACT ZONE**'. Never, ever 'Decelerate or Stroke the Ball Slowing Down'. 'Gravity' is never negative velocity until you strike the ground in a fall!

The bottom line is still to '**NEVER EVER FEEL LIKE YOU ARE HITTING AT THE BALL BUT SWINGING THROUGH THE BALL**'. You must stroke a delicate 'Putt' like you might your lover's soft cheeks! Oh, let Bill Shakespeare handle this stuff!

So how does this apply to 'Chipping'? A 'Chip Is Just A Putt With A Different Tool'. The 'Stroke Procedure' is nearly identical. The 'BALL LOCATION' is forward in 'Putting' so you have an ascending strike while the 'BALL LOCATION' is aft in 'Chipping' so you accomplish a descending blow with more 'Clubface and Loft Action'. There is a little 'PINCH In Chipping' and none on 'Putting'. You will also benefit from having your 'Weight Distribution' slightly 'Target Side' in 'Chipping' whereas it is evenly distributed in the 'Putting Procedure'. Finally, you will require a little more 'Energy' or 'Clubhead Speed' in 'Chipping a Ball the same Distance' as you would 'Roll It With The Upright Blade'. Why? Because 'Energy' is required to produce 'Loft or Ball Height Above The Ground'. You will soon discover the difference! Just make some twenty foot 'Putts' followed immediately by some twenty foot 'Chips'. The same 'Energy' will always make the 'Chips' come up short and, with good technique, 'In The Jaws'!

Those are painful misses. You'll soon learn!

'Chipping' requires good solid 'Chase'.

"Welcome Aboard!"

"Enjoy The Ride!"

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