

# 555 GOLF ACADEMY

## 'WHERE PASSION MEETS PERFORMANCE'

### 'SHORT GAME DRILLS'

## PROCEDURES AND ROUTINES

You know how hard we have worked on your 'SET-UP and Stroke Mechanics' so let's keep using these assets we have developed and earned the right to use. The 'Short Game' too requires comfortable and precise 'Procedures & Routines'. A moment of review:

- 1) Prepare Mentally. '**Visualize**'
  
- 2) '**Read the Green from three Points of View**'
  - a) Down-the-Line
  - b) Across-the-Line
  - c) Up-the-Line
  
- 3) Pace Your Shot after the 'Up-the-Line' read while returning to the Ball.  
(Accurate DISTANCE)
  
- 4) 'Down-the-line one more time
  
- 5) '**One Inch Rule**' (Accurate Stroke Length)  
to Control DISTANCE
  
- 6) '**Three Brush Strokes then Paint Your Picture**'  
(Weight & DISTANCE Control – FEEL the ENERGY)
  
- 7) 'Speed, Weight, Energy Management = '**DISTANCE**'.
  
- 8) '**Ball Rolling Line**' = '**DIRECTION**'.

'**Target Line**' is the line directly 'Centre Ball to Centre Bottom of the Cup'. We use this if there is no 'Break' or the 'Putting Surface is Dead Level'. If we have any 'Out Of Level Putting Surface Profile', a 'Displaced Rolling Point' must be used. It is called the '**Ball Rolling Point**' (**BRP**) which is located at the far end of the '**Ball Rolling Line**' (**BRL**). When you are utilizing the 'BRL', thus a 'Displaced Target', make your actual 'Putting Stroke' to the 'Displaced Target' and DO NOT focus any longer on the 'Actual Cup'. If you do not divorce yourself from the 'Cup' during a 'BRL or Displaced Target Procedure' you will generally come up 'Below The Hole' and look as though your

'Pulled Your Stroke' 'Through the IMPACT Zone'. Remember, if you have a wrong 'Mental Picture' or certainly are looking at the wrong Target, you will fail to execute your shot unless you make a 'Good Mistake'.

Also, If you 'Turn Your Eyes' during your actual Stroke; you will likely 'Turn Your Ears'. If you 'Turn Your Ears' you will likely 'Turn Your Shoulders'. If you 'Turn Your Shoulders' you will likely 'Turn Your Hands' and miss the 'Putt'. We know that, if you are not steadily committed to a great 'Mental Picture' with its 'Ball Rolling Line' and 'Displaced Target' where necessary, and to 'Compatible Components and Procedures', you will be forced to make 'Manipulated Putting Strokes' and miss a great many. You are not going to make many out side five feet with out proper 'Matching Components and Procedures'. Do you know many 'Putts and Chips' are made by mistake? Of course we'll take them! Everyone of them too!

9) **'B.E.S.T.'** Blade, EYES, STANCE & Shoulders  
and Touch

10) **'One Last Look Down-The-Line'** (Down the Ball Rolling Road) Ball To Pin and then back to the Ball at the same 'Pace' you want to make the actual 'Stroke'.

11) **'BREATHING OUT'**

12) **'PULL THE TRIGGER'** Don't get caught in the 'Hesitation Trap' or you will plant the 'Yips Seed' and that is a very 'Bad Weed'!

13) **'Don't Look or Watch the Ball Roll'** especially on short Putts inside eight feet. 'FEEL the Cup'. Use your 'Mind Picture' so your 'EYES' are totally free to 'See The BALL'. 'Listen for the Ball to Drop'. Listen to the applause! Believe me, you will not miss it!

14) 'Be Confident but Grateful'

One important point is that you 'Must Have Adequate Clearance or Room to Swing Your Arms under your Chest' otherwise you will tend to start 'Round-Housing or Radiusing' (Pivoting around your Target Hip rather than around your Sternum or Adam's Apple) or you will start 'Hitting At the Ball' rather than to 'Swing the Clubhead Through the Ball'. COMFORT and EFFICIENCY ALWAYS!

Remember to generally keep your 'Target Elbow' at least slightly 'Pointing At' and 'Tracking' to the Target or 'Target Line' (no Break) or Down the 'Ball Rolling Line' (With Break). If you do not do this, your 'Hand Forearm Putting Triangle' will not be 'Level or Parallel to your Shoulder Axis or Plane' which means you will not be able to 'Deliver Your Stroke ON PLANE and ON LINE' (Compression and Line Of Compression). If you 'Round-House' and fail to 'Clear Your Target Elbow', (keep it tight to your Target

Hip rather than tracking it 'Down The Line'), you will tend to 'Pull' or 'Radius'. Your 'Lines and Angles' won't work.

Every good Golfer, by using some reliable tools on course and at the practice facility, gets better continually.

We need both a '**Practice ROUTINE**' and a '**Playing ROUTINE**'.

PRACTISE  
MENTALITY  
TRAINING

PLAYING  
MENTALITY  
TRUSTING

In order to improve we must have some discipline and programmes to aid us along our Golf way. The GOLF Journey is made up of many Trips that have 'Road Maps', 'Rest Stops', 'Refuelling Stations', 'Repair Stations', 'Good and Bad Stretches of Road', 'Good Moments and Bad', but, in the end-run, it is all worth-while.

Good Drills, what I call '**BULLET-PROOF GOLF DRILLS**', help.

Good Drills will make you better and, I might add, make you look like a pro in the process. If you will use the following at your local course or practice facility, you will attract some attention and may even strike up a relationship or two, even with golfers. Your 'Leisure Time' will benefit you selfishly. You may even get an invitation to 'Better Things'. Golf's an adventure, indeed!

Your 'Golfmyth Collection' and this '555golf.comWebSite' have some very straightforward and effective drills for the 'Simplest Stroke with the Upright Stick' and your 'Chipping Tools'.

Best of Luck!

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

**SATISFACTION GUARANTEED**

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