

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

'SHORT GAME DRILL'

THE 'PUTTING MOTION' DRILL

(Chipping)

Striking your Ball 'Off-Line' and without the desired 'Smoothness' may result from your 'Wrists' being in an unfavourable position during the Stroke. I want to add that, if this is the case, they were likely in a poor position during your 'SET-UP ROUTINE' as well. You require all or as close to all 'Components' in the best possible position you can manage. That is so you can 'Execute Your Procedures' properly and get the desired 'Ball Flight' as well.

Again, here we must ensure that our old friends, the '**5 CONTROLS**' are in place or active along with the '**FIVE ESSENTIAL ELEMENTS**'. Your 'Tallish CHIN and Deep FEELING Hands' over correctly placed Feet (STANCE) will never be a bad proposition in making good Putts.

Here I want to emphasize the importance of 'FEEL-ing and having **Deep Hands**' (with Stable Triangles), which, of course means automatically well 'Extended Arms' with '**DEAD HANDS and Soft Elbows**'. When I say "Extended", I simply mean to the "Depth Required" by your 'Pre-Selected Procedure'. The is no 'Up & Down' in the 'Lever Assemblies' during any phase of the 'Putting Stroke'. Stable is the word!

If you employ too much 'Wrist Break' you will not generally have as 'Deep' a FEEL as I think is in your best interest. Too much 'Wrist Break' means that the Clubhead is just not quite an 'Extension of your Hands and Arms' which facilitates better stability through the swing. In order to make a pendulum work best, one must have a good straight line from the 'Pivot Top or Fulcrum' to the 'Swinging MASS' (Clubhead). The 'Top Of The Pivot' for many 'Putting and Chipping 'Procedures' is the 'Base of the Skull or the Adams Apple'. In Putting, I know good simple 'Physics' applies. So we understand, the 'Levers' (Hands and Arms) connect the 'Golfing Body Machine' to the 'Clubhead'. Although there is a 'Straight Line From the Top Of the Spine to the Clubhead', there may be lots of variations in actual 'Arm-Elbow' positions. It takes time and patience to get all these various factors 'MATCHING'. Having a savvy old country boy Golf Teacher helps speed the process and reduces some of the tedious learning curve. Locate one soon!

There are infinite varieties of 'Triangles' and combinations so experiment and get comfortable with your 'SET-UP' and 'Pre-Shot Routine'. If it does not work reliably, make more minor changes and stroke more balls at the cup. Remember, when working on your 'Putting and Chipping', keep the bigger 'Shoulder Muscles' involved and the smaller 'Hand and Wrist Muscles' in active.

In the 'Putting Stroke', you should 'FEEL' more as though your stroke is being made from your 'Rocking Chair Shoulders' than from your 'Active Hands and Wrists' where the tendency to 'Manipulation' abounds.

When you actually make the 'Putting Motion', might I suggest that you 'FEEL' like you have a big triangle formed by your 'Shoulders' and 'Two Other Legs' composed of straight lines from the 'Shoulder Sockets to the Clubhead'. That is three sides. Now, when all 'Set-Up', you move the 'Clubhead' back and forth with the 'Rocking Chair Shoulder Motion' and 'NO Hand – Arm Movements'. Perhaps, 'FEEL' like moving your 'Spinally Forward Inclined Chest', 'Brace Shoulder Up and then Down and Through The Ball' in order to create the very controlled 'Putter Head' or 'Chipping Iron Head' back up and down the 'Target or Ball Rolling Line', whichever the case might be.

Remember your 'Key or Trigger Words' as always 'ONE & THRU'.

See the Ball Come Off The Clubface.

Breathing Out Whenever the Clubhead Is In Motion, but with a 'Braced Up Feeling'. That means a good solid 'Abdominal Core' with good 'Space or Clearance Between Your Hip Sockets and Your Sternum'. The 'Sternal Center' may or may not be your 'Centre Of Rotation. Whatever it is, you must be 'Braced Up'. You know that, if you sag in your forward swing, be it 'Putting To Driving', your results are seriously compromised. With 'Vertical Body Movement' you will have to constantly alter your 'Triangles' in perfect unison with the 'Up & Down' 'Body or Top Of Pivot' (Tether Ball Pole).

With the 'Full Swing' and most 'Less Than Full Swings', you know that the 'Upper Body Machine' (UBM) ONLY goes 'Up & Down' (Creates all the Vertical Motion) while the 'Lower Body Machine' (LBM) creates all the 'Horizontal Motion'. The 'Putting and Chipping Procedure' is slightly different in that the 'Lever Triangles' do not go 'Up & Down' either. So, in essence, you 'PIVOT' the 'Putter Head Through The Butt Of The Ball'. Your 'Shoulders' are mounted atop the 'Forward Inclined Spine' and very smooth 'Shoulder Rotation Around the Spine' creates the 'Motion'.

The other method of creating 'Clubhead Forward Motion' in 'Putting and Chipping' is via what the '555 TEAM' refers to as 'Brace Lever Piston Action'. This is required when you 'Align Open To The Target Line or Ball Rolling Line'. There is a lot of technical expertise in these 'Full Physical Motions', a lot of 'Physics & Science', so do not get hung up in it as you can easily become. If you have specific questions call your 'Personal 555 Team Teaching Professional' or one of our excellent staff members. 'ASK US!' You are the reason we are here! Don't hesitate to get in touch. 'Golf Purgatory' is a very nasty place with enough room for all of those willing to sit around! No need! Misery loves company but so do the high performance athletes who strike 'Golf Balls At Sticks' like they come out of cannons!

Good 'Tempo and Rhythm' comes from good 'Hands and a proper GRIP'. A strong 'GRIP' calls for more 'Pivot Pressure' and 'Down Force'. Educated 'Golf Hands' produce more 'Pleasure'.

We got a little divergent from 'Putting Motion' but managed to stay in the 'Golf Motion Envelope'.

Hope you learned a little bit more.

Thanks for listening.

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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