

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

PUTTING DRILLS

QUIET BUTT DRILL

When we putt well, which means '**Consistently**', we must have a complete body that is also 'Consistent and Quiet' so as to support and enable our 'Lever Assemblies' to act as '**Quiet Triangles**' in order to create a '**Square Clubface AIM At The Moment Of Impact & Separation**'.

Now that is a mouthful, but it no wasted words. Just take a big '**Deep Diaphragmatic Breath**' ('DDB') and let it out naturally just like we all do during a great 'Golf Swing'!

To accomplish this 'Bullet-Proof Drill', locate a dining room or any chair with the top of the back just reaching your Butt ... top of '**bottom**' doesn't really matter!

Make a perfect 'SET-UP', ready to 'Trigger' and then have a friend slide the chair, back first, gently under or against your butt.

Now, when you make your '**Back and Front Swing**', you will have absolute awareness of any body movement'. (see 'The Tether Ball Pole Concept' and 'The Balsa Airplane Concept')

Remember, any body '**Lateral Motion**' effectively changes your '**Net Realized Ball Location**'. When you 'Sway and Slide', it is like striking a moving ball. When you just '**Sway**' ('Butt Aft'), it is like moving the ball 'Forward'. The opposite is true when you only '**Slide**' ('Butt Forward'). When the ball is effectively moved '**Aft & Forward**', you will strike the ball '**Early & Late**'. This means that the 'Blade' will be a little '**Open or Closed**' respectively. The last thing you want to do is to learn how to 'Correct By Manipulation'! 'Original Death' even before it is warmed over!

What should we 'Feel' and discover with this drill? That, when our '**Captain EYES**' are focused on the 'Butt Of The Ball' ('Bottom Inside Cheek – BIC'), we will enable a '**Quiet Body**', which enables '**Quiet Triangles**' which produces '**Quiet Hands**' and thus a '**Quiet Clubface**'.

What should we learn from this drill? That '**A Quiet Body Is Essential To Good Putting, Chipping and Bump & Running**'.

Always keep your 'Butt Against The Chair' ... essentially with all stroke procedures!

SATISFACTION GUARANTEED

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