

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

'SHORT GAME DRILL'

'SAFETY BOX' DRILL

If you were to have but one 'Bullet-Proof Short Game Drill' you could use to get proficient at both 'Long Putts & Average to Long Range Chips', this might be the one. This 'Putting & Chipping Drill' requires universal skills and procedures. Of course, you must develop acute '**Green Reading Ability**' to accommodate all your shots on the 'Dance Floor'. Remember that your 'Putting & Chipping' are 'Stage One Procedures' that involve no 'Wrist Cock or PIVOT'. It is a primarily a 'Rock Your Shoulders Motion' although there are optional 'Motion Generation Methods' available for both these 'Stroke Procedures'.

Depending on your choice of 'Alignment Procedures and Conditions', you may be either 'Dominant Brace Lever' if 'OPEN'; 'Dominant Target Lever' if 'CLOSED' and 'Balanced Levers' if 'Parallel to the Target Line'. We must always remember that the 'Lever Assemblies' want 'Newtonianly' to Swing across or 'Down The Body Line'. That is just how we operate most efficiently. If you are not accomplishing 'Motion' in this manner, you are 'MANIPULATING'. I am not saying that 'Manipulation' is 'TABOO', but I am clearly warning you that is it far more capricious than the purer forms of 'Motion Generation'. 'Rocking Your Shoulders About Your Spinal Crankshaft' (Up & Down Brace Shoulder) is significantly more reliable and stable than any 'Manipulative' options. It is your choice to make. It is your score on the card!

TO THIS TOWEL & BOX DRILL:

This 'Bullet-Proof Drill' can be made from six feet to sixty feet. It is a 'PEI Drill' which means we calculate or select our 'Percentage Error Index' and use it. The actual physical layout of this 'Drill' prevents your even thinking about fudging a little! You either accomplish you selected 'PEI' or you do not. It will show!

This 'B-P DRILL' takes a little setting up but it is well worth it and you can use it for an hour or more for both your 'Putting and Chipping Skills'. You can also do some alternative but complimentary 'Putting and Chipping Drills' with the 'Towel and Box Drill'. You know them. The 'Circle Drill', the 'Spiral Drill', the '#8 Iron Push Back Drill' and many more that you have come to know in your huge 'Golfmyth Collection' resource library. Want to learn more. Just look!

There is a very subtle little advantage or benefit in setting up and using all these professional drills. You will look professional and serious about your 'Game'. You will attract attention. People will ask you questions and, once they see how serious and improved you are, they may even ask you to join them for an afternoon round. Not all bad results for just having fun doing 'Bullet-Proof Skill Drills'!

ROUTINE:

1) Select a cup on the 'Practice Green'. Remember to survey its lie so you can get the best results from your practice time. I suggest you do this drill with very little 'Break' at first. Some up and downhill slope will be quite beneficial. Just know what it is and how much 'Energy' to apply to the Ball to accomplish the task. (see The 'One Inch Rule' and 'Body Clocking')

2) Pull the 'Flagstick'. Lay a 'Golf Towel' over the cup with one of the four edges square to the 'Ball Rolling or Target Line'. (the outside services staff will lend you a towel. There is one or more on every cart. Ask!)

3) Take your 'Four White Two Foot 2X2's' and place them on the ground as the diagram illustrates. So you easily and simply work your '10% PEI' to start, remember that in fourty feet you must get within 4 feet of the center of the cup. That's 10%! Start with the easier variety or margin of error! Set the end of your '4 Foot 2X2' one '2x2' length away from the cup. Then you are obviously 10% of four feet offset or displaced. Then place another 2X2 on the other side of the hole in the same relative position. Remember that you are not only 'four feet' to the side, but you are also one '2X2' length in front or the cup as well. We are trying to make an 'Eight Foot Square' around the cup with the closest ends of the '2X2's'. (see the Illustration) Square the 'BOX' or '2X2's to the 'Target or Ball Rolling Line'. That just makes it more tidy and easier to see your results.

It is easy to now see that, if you miss the 'eight foot door or passage' between the ends of the 2X2's you will strike the 2X2 and the Ball will stop. No guesswork! If you manage to get between the ends (Front Door) you will roll closer to the cup. If you land on the 'Golf Towel' you have a successful skill result. If you roll out the back door, you need to give it one more go!

The above eight foot opening or window is really a '20% PEI'. The opening is 8 feet across while the Distance is only 40 feet. You are getting pretty good now right? OK, close the 'Front Door' to 4 feet! Now make more strokes and you will soon understand the importance of being 'PEI Aware' and honest.

I can tell you, out of a hundred students with whom I work, when I ask them how they feel about their 'Short Game', the answer is "Pretty Good. Better Than My Driver!" But, when you examine their real performance based on 'PEI' (do the measurements) their 'Chipping and Putting' of flat or level 25 footers, is far from adequate! Throw in some

‘Slope and Break’ and it is a much poorer picture indeed! You now know that to be in a ‘10% PEI’ for a 25 footer, ‘Putt or Chip’, you must really be inside ‘2.5 feet’. That means you cannot be farther away from the pin than 1.25 feet in any direction! Making solid ‘Putts and Chips’ from 25 feet to within 1.25 feet is no accident! Accomplishing this level of skill is very doable! This skill level will produce markedly lower scores and get you invited to a lot more foursomes in short order!

This ‘Bullet-Proof Skill Drill’ is very much about ‘Pre-Shot Routine’, very much about those ‘Five Essential Elements’, very much about ‘Distance & Direction’, very much about ‘Green Reading’, very much about ‘Proper Mechanics’ and more. Does not get much better than that! By the way, it is very much about no more than two strokes on your card from the ‘Fringe In’!

When you are making ‘Chips or Putts’, make each stroke ‘Your Last Stroke’!

You will be amazed at how beneficial this attitude is!

“Welcome Aboard!”
“Enjoy The Ride!”

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