

# **555 GOLF ACADEMY**

## **'WHERE PASSION MEETS PERFORMANCE'**

### **'SHORT GAME DRILL'**

## **THE 'STANDING IN FRONT OF THE MIRROR' DRILL**

(a Steady Head Drill)

This 'Bullet-Proof Drill' is useful for all aspects of 'Golf'. It is best utilized in a 'Slow Motion' parameter. In this mode you can see 'Components & Procedures' more clearly but must become accustomed to 'Making The Moves' accurately. It is beneficial to make several specific motions at operational speed and then to gradually reduce them to 'Slow Motion' before observing the subject aspects. Another way of putting that is that we do not want to be looking at a completely different 'Slow Motion Swing' and making changes based on that image and function.

By the way, the '555 Golf Academy' staff all feels that everyone should do some 'Slow Motion Drills' regularly. To this writer that means everyday! We shall, in this way and discipline, better 'FEEL', understand and control the 'Lower Body Machine' and 'Upper Body Machine' tasks. It is really quite an enjoyable procedure as well. You know, it is one of those 'Time For A Feel' Times!

The 'Swinging Clubhead Sensation' is a marvellous 'Newtonian Very Natural Physical Event' and good exercise when done properly and safely. (see 'Fitness')

Simply stand in front of your bathroom mirror looking yourself 'Right In The EYE' and make some 'Turn Brace – Turn Target – Turn Brace' moves back and forth in a very smooth 'Low ENERGY State' for five to ten repetitions. Do not over due your 'ROTATION' as we are not trying to set a new 'Spinal Twist Record'. The object of this drill is to keep looking at a very small fixed point-in-space to promote the 'FEEL of STABILTY' in the 'Top Of Your PIVOT' which is essential in 'Clubhead Control'.

To keep this Drill precise and 'optimally-useful', might I suggest that you look into one of your own pupils. That is a small Target!

Of course, you know the ultimate 'OBJECT' or 'Visual Target' we will soon use as our 'VRBP #1'. If you do not, simply turn to your 'Trusty INDEX' under 'V'. Ok I'll tell you. It's your Ball. You must 'See It Come Off The Clubface' (Heads or Tails Drill). If not you are headed in the wrong 'Direction' as your Ball soon will be!

We all know the 'true story'!

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

**SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888  
24/7