

# 555 GOLF ACADEMY

## 'WHERE PASSION MEETS PERFORMANCE'

### 'SHORT GAME DRILL'

## THE 'STEADY HEAD' DRILL

This Drill and Element is never out of vogue in Golf. It is an 'Ocular Drill'. Those 'Captain EYES' always on the bridge! If you focus on a still object, your head and body will remain still as well.

One aspect of 'Putting and Chipping' ('Short Game', actually all 'Stroke Procedures') that I want to quickly mention is that of your 'Steady Head' which you are already fully aware of and sensitive to. This essential 'Putting & Chipping Component' is primarily '**OCULAR**' once proper 'SET-UP' is accomplished.

'FEEL' like your 'Captain EYES' (and 'Ears') are relatively '**LEVEL**' at 'Set-Up' and keep them 'Level' throughout the entire Swing. If you wear a Golf cap, you can check that you are 'Level' through the swing by ensuring your peripheral vision does not see anything higher on completion than at Address, 'Set-Up'. If you can see the trunks of surrounding trees at 'Set-Up', you must not see the limbs after having made the stroke.

When your 'EYES' are set and stable, so will your 'Shoulder' be which is directly beneficial to good 'Stroke' results. Your 'Shoulders' are absolutely the most important '**ALIGNMENT AXIS**' of your total 'Body Machine' as they form the axis closest to your Hands and then, of course, closest to the actual Putter Blade, which means they are very influential on 'Clubface AIM' and 'Clubhead Path'. The other four 'AXES' are those of the 'FEET, KNEES and HIPS', but you already know that.

Oh, the fifth! It is your 'EARS'. They may sound sully, but just tilt your 'Head and Ears' radically and make a smooth swing. How level and stable was your 'Back and Front Swing Rotation'? How good was your 'Shot Resultant Ball Flight'?

If you want to create more awareness or 'FEEL' of your 'Swinging Putter Head', try the '**Four Club Putting and Chipping Drill**' with your '**EYES Closed**'. You will soon know what the '555 TEAM' means by 'Balance'! That Drill and many more are in your 'Bullet-Proof Drills' section. (see the '555golf.com' 'WebSite' and check on the 'Services Page / Of Interest / Golf Skill Drills') If you cannot locate it, contact your 'Personal Certified Master Teaching Professional'. If are NOT a 'Locker Room Member' ('LRM'), go to the '555golf.com' 'WebSite' and just 'Click On The 'Join Now!' 'Locker Room Door' on the 'Home Page'. Membership has big privileges and it is 'FREE' too!

## SATISFACTION GUARANTEED

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